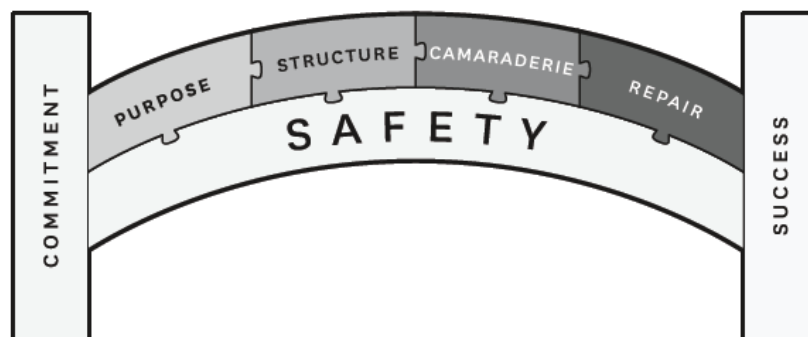


High Performance Relationships

The Heart and Science behind Success at Work and Home

FIVE RELATIONSHIP BUILDING BLOCKS

Years of research and experience have produced the five building blocks of high performance relationships: Safety, Purpose, Structure, Camaraderie, and Repair. Committing to use these five elements can help you build and maintain successful business and personal relationships.



THE SAFETY TOOLKIT

SAFETY Strategies for Effective Conversations

- S**low your State and Story
- A**sk & Acknowledge
- F**ocus on alignment
- E**mpathize
- T**ake Turns
- Y**es or Yield



THE REPAIR TOOLKIT

REPAIR Strategies for Healing Relationship Accidents

- R**ealign & Resume
- E**ngage gently & Equally
- P**lay & be Positive
- A**pologize & Appreciate Authentically
- I** statements Increase accountability
- R**equest, Respond & Recommit



To see how your relationships measure up, take the High Performance Relationship Assessment at www.HighPerformanceRelationships.com

