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# CULTIVATING HEALTHY RELATIONSHIPS

How to make it last...





RELATIONSHIP: A  
CONNECTION BETWEEN TWO  
PEOPLE

# RELATIONSHIP FOUNDATIONS

- **Communication**
- **Respect**
- **Trust**
- **Honesty**
- **Equality**

CULTIVATING

TE

**to improve or develop by careful attention, training, or study**

# CULTIVATING THE RELATIONSHIP

- Be willing to listen
- Be interested in their interest
- Show appreciation
- Make time
- Have empathy





WHAT DO YOU BRING  
TO A RELATIONSHIP?





THINGS WHICH MATTER MOST MUST NEVER  
BE AT THE MERCY OF THINGS WHICH  
MATTER LEAST.

GOETHE