

RESPECT & CONNECT

Five steps for healthy relationships

LISTEN



Avoid interrupting
Repeat back if needed
Allow silence

OBSERVE



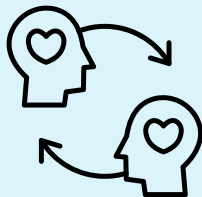
Eye contact
Open body language
Face-to-face > screens

VALUE



Show appreciation
Look for their strengths

EMPATHISE



Imagine their perspective
Seek to understand
Reflect the feeling back

SUPPORT



Random acts of kindness
“How can I help?”
Avoid “fixing”