



accelerating change
optimising potential

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***Thought for the day:
The worst solitude is to be
destitute of true friendship***



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Investing in good relationships.....

Hi Everyone

Recently I went to stay with a friend I have known for over 30 years....we keep in touch...the odd phone call, family celebrations, Christmas etc but that is about all. However when we met it was as though we had only seen each other last week. We instantly connected, relaxed and found it easy to talk about future goals and current challenges. As usual this got me thinking.....good relationships come from respect, trust, motivation, effort and fundamentally investing quality time, this doesn't have to be a lot of time...but when you do spend time together you need to be totally focused on the other person...for me there is a direct correlation with our relationships at work – treat work colleagues as true friends...and see both potential and performance improve.

- move conversations from small talk to genuine interest
- treat your worst adversaries as friends and just see what happens!
- treat work relationships as a bank account – you need to invest before you can borrow
- being happy and motivated yourself will attract positive relationships
- work at your relationships – invest time
- positive relationships bring a longer, healthier and happier life (fact!)
- laughter is more likely to occur in a group situation than a solitary one
- it's difficult to be lonely and happy at the same time
- our relationships are a mirror of ourselves

be more trusting – the more you trust someone the more they will trust you

Remember, you can make more positive and productive relationships at work in two months by becoming interested in other people than you can in two years by trying to get other people interested in you...!!

Take care
Caroline

You are welcome to send coaching hints and tips to colleagues and friends; although may I ask you to forward it in its entirety, rather than "cut-and-paste"