



IF YOU WOULD LIKE HELP BUILDING RELATIONSHIPS



# how to build RELATIONSHIPS

- **START FROM SAYING HELLO.** A friendly word or smile can make someone's day.
- **GIVE YOURSELF AN OPPORTUNITY TO MEET PEOPLE.** Go to a social event, join a book club or a bake sale.
- **ASK PEOPLE QUESTIONS AND DO NOT JUDGE THEM ON THEIR ANSWERS.** If you listen carefully to what people are saying, they can become your friends very quickly.
- **DON'T JUST LISTEN.** Tell others about yourself, it will help you to build trust in your new relationships.
- **MAINTAIN YOUR RELATIONSHIPS.** Give your friends a call, or invite for dinner. Get them involved in things you enjoy doing. Go the extra mile if a friend needs your help.
- **KEEP TRYING.** If you are rejected by one person, do not give up on others. It takes a while to win trust. Be grateful for your friends.