Positive relationships – Self study course

Why should I do this course?

- This self-study course is about the how to build and nurture positive relationships within your team and explores your relationship with yourself. We will explore:
    - Good and bad rapport.
    - How we communicate and our use of assertiveness.
    - Gain confidence in getting buy-in from SLT and showing the value of your leadership.
    - Learn about Perceptual Positioning and giving feedback.
    - Creating a shared vision.
    - How to manage conflict
    - How to build a positive relationship with ourselves.

Making the most of this course

This course enables you to learn in your own time through self-study, you can complete a single unit of interest or the entire course at your own pace.

Suggested participants

- Head teachers
- SLT
- Middle managers
- All staff interested in improving current working relationships or interested in learning how to create positive relationships within a team or with themselves.

1. Building positive relationships

- Understand how to build good rapport.
- Evaluate and adapt positive non-verbal communication.
- Consider the importance of clear boundaries and assertiveness

4. Managing relationships

- Learn how to use Perceptual Positioning to understand viewpoint.
- Develop a wider view of feedback and how to challenge black/white thinking around performance.
- Look at the well-formed conditions to develop a successful share vision.
- Consider individual strengths and their value within a team.

3. Managing conflict

- Identify the common causes of conflict
- Explore proactive ways of managing and resolving conflict within teams.
- Develop an understanding of Transactional Analysis, it's uses and how to implement TA in resolving conflict.
- Exploring other ways of dealing with conflict such as being accommodating, compromising, withdrawing, force and using collaboration.

4. Building a positive relationship with yourself

- Explore the concept of self-esteem and how to build a healthy self-image.
- Find ways to build self-care into daily routine.
- Identify ways of reducing stress and building habits around them.
- Understand how investing in their own well-being encourages others to do the same.