

## Checklist – Top Tips: How To Build Meaningful Relationships

*“The most important single ingredient in the formula of success is knowing how to get along with people.” Theodore Roosevelt*

Here are 7 ways to build meaningful relationships:

1. **Actively listen to what other people have to say.** Most people are poor listeners, and only listen so that they can talk. Lose the ego, and listen more. Listen with your whole body, relax and breathe as the other person is speaking. Resist the urge to talk, or respond.
2. **Celebrate each person is different.** No one is right or wrong, we are just different.
3. **Focus on people’s strengths, and not their weaknesses.** Build people up by focusing on what they are, and not what they are not.
4. **Be open minded to new ideas.** Listen with your heart, and embrace diversity of opinions and views.
5. **Trust people.** Trust is an emotional relationship, and if you don’t trust people, they will struggle to trust you.
6. **Use mobile technology sparingly around others.** There is an etiquette on when, and where, to use the mobile technology.
7. **Be your authentic self** – if you are compromising who you are, you will struggle to build relationships with others.

[The Development Company](#) is a leading edge training company, dedicated to enable people to be the best the best they can be. We design and deliver programmes that enable individuals to gain more enjoyment from life. We [train trainers](#), [coaches](#), managers, and leaders in how to develop meaningful relationships. Some of our programmes include:

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[Management Skills](#),  
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