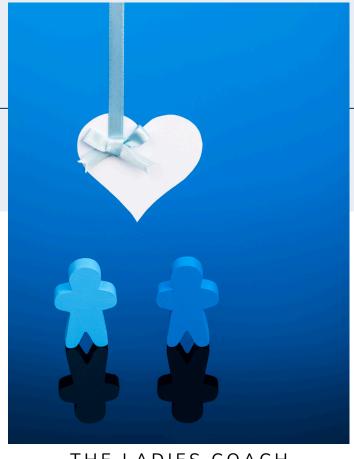
THE HEALTHY RELATIONSHIP TOOLKIT Strengthen Your Connections



THE LADIES COACH

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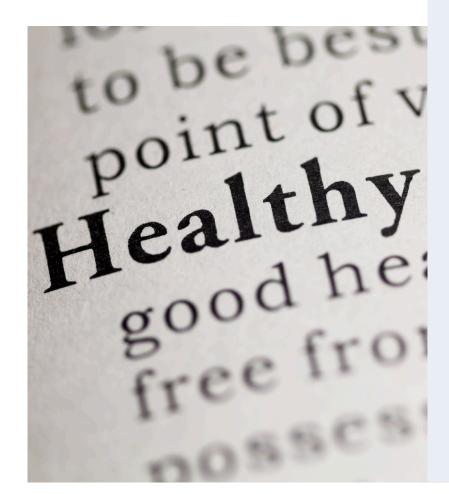
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INTRODUCTION

Healthy relationships require effort, communication, and self-awareness. This toolkit will provide you with the tools to build strong, fulfilling relationships with yourself and others.



COMMUNICATION STRATEGIES

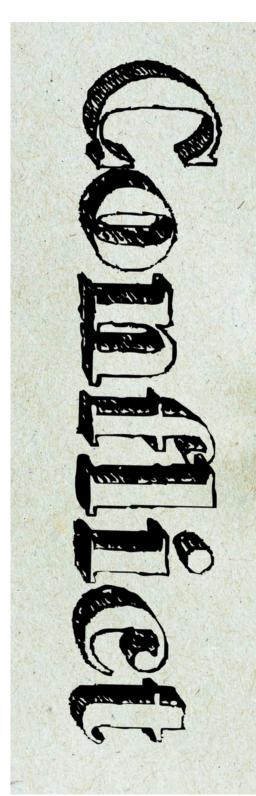
- Active Listening:

 Focus on
 understanding
 before responding.
- "I" Statements: Express feelings without placing blame.
- Nonverbal Cues:
 Pay attention to
 body language and
 tone.



CONFLICT RESOLUTION TECHNIQUES

- Identify the Issue: Clearly define the problem.
- Use Constructive
 Dialogue: Avoid
 accusations and
 focus on
 solutions.
- Compromise & Negotiate: Find a middle ground that works for both parties.



SELF-LOVE & BOUNDARY-SETTING



- Recognizing Your
 Needs: Identify what
 you need in
 relationships.
- Saying No with Confidence: Practice assertive communication.
- Building Healthy
 Habits: Engage in
 activities that boost
 self-esteem.

RELATIONSHIP STRENGTHENING ACTIVITIES



- Daily Check-Ins:
 Spend a few minutes
 connecting with loved ones.
- Love Languages Quiz: Discover and apply each other's love languages.
- Quality Time Rituals: Plan meaningful activities together.



LET'S GET IN TOUCH

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