

7 Essential Life Skills

Part 3 – Relational Skills

Accelerating Excellence with Del Gilbert

Podcast Episode #65 - Resource Guide

"Personal relationships are the fertile soil from which all advancement, all success, all fulfillment in the real life grows."

- Ben Stein

10 PRACTICES OF RELATIONALLY INTELLIGENT PEOPLE

1. Be warm, welcoming, and friendly.

The first thing people notice about you is your attitude. 1st impressions are powerful.

2. Take a sincere interest in others.

The most interesting people in the world are those who are most interested in others.

3. Remember and Use Peoples Names

We have an unconscious, positive emotional reaction at the sound of our name. Remembering names is more of an attention issue than a retention issue.

4. Adjust to the Other Person's Style

Your personality is healthy to the degree you can get along with the greatest number of different types of people. Acquire the relational agility to adjust to different personalities.

5. Be positive and upbeat

Be the kind of person who adds energy to others. Express appreciation, give others positive feedback, encourage others.

6. Practice Empathy

Develop the ability to see things from another person's point of view. When someone expresses an emotion, acknowledge the emotion.

7. Don't speak poorly of others.

It reflects poorly on you. If someone will talk bad **to** you, they will talk bad **about** you.

8. Don't be a downer

You can't be great and negative at the same time.

9. Don't brag

Leave it up to others to speak well of you, it's much more endearing.

10. Give others the benefit of the doubt.

Exercise grace with others. Be quick to forgive. Don't be easily offended. Remember, everyone is fighting a battle you know nothing about.

