

THE HAPPINESS HUB

Enhance Your Social Intelligence

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‘Social Intelligence is the key to career and life success.’

DR RONALD RIGGIO

Humans are social beings. Relationships are important to us and help define who we are and who we are not. In our next 6 weeks together in The Happiness Hub we will be gathering together to Raise Your EQ by exploring Social Intelligence and how to better manage relationships across your life. Building strong relationships contributes to our mental wellness. To live a happy life we require good and happy relationships with people.

We can always improve our interpersonal skills and communication skills and that’s what I want to help you to do. Let’s have some fun as we learn deeply together!

‘At the heart of life lie the relationships we have with other people.’

HENRIK EDBERG

‘Indifference and neglect often do much more damage than outright dislike.’

J K Rowling

“People are lonely because they build walls instead of bridges.”

JOSEPH F NEWTON-MEN

“Shared joy is a double joy; shared sorrow is half a sorrow.”

SWEDISH PROVERB

Week 1

What Makes Relationships Great?

KEY POINTS

- Good communication enhances relationships.
- Listen – we have two ears and one tongue Let's take the hint!
- Active listening – reflecting back so people feel heard.
- Good communication minimises rumination and stewing in your thoughts and feelings.
- Self-disclosure fosters intimacy – but be wary of overwhelming people.
- Improving the emotional climate
- 'I' statements vs 'You' statements.
- Do vs Don't

Your Wild Notes – What are your Learnings & Take-Aways

Week 2

The Four Horsemen of The Apocalypse – The 4 Killers of Relationships

KEY POINTS

- Love is an ACTION, not just a FEELING
- Kindness is LOVE made VISIBLE
- The work of Professor John Gottman.
- Communication patterns that predict relationship failure.
- What you can do to turn things around.
- Healing Yourself from the effects of The Four Horsemen.

Your Wild Notes – What are your Learnings & Take-Aways

Week 3

Successful Marriages/Partnerships

Be The Difference That Makes The Difference

KEY POINTS

- The 7 Secrets of Success
- Where do the changes need to be?
- Focus is Ki
- EFT to heal and improve relationships

Your Wild Notes – What are your Learnings & Take-Aways

Week 4

Forgiveness

Rapid Resolution of Forgiveness Issues

KEY POINTS

- Values in Relationships
- Values Trespass
- The corrosive effect of unforgiveness – the work of Dr Caroline Myss
- A Forgiveness Ritual

Your Wild Notes – What are your Learnings & Take-Aways

Week 5

Influencing Relationships

KEY POINTS

- Rapport
- Linguistic Rapport
- Rapport and Influence
- Language Patterns of Influence – Part 1
- Improving communications

Your Wild Notes – What are your Learnings & Take-Aways

Week 6

The Language of Influence

Language Changes Neurology

KEY POINTS

- Love patterns in language
- Togetherness and fostering intimacy
- Making memories
- The Four Agreements

Your Wild Notes – What are your Learnings & Take-Aways