

HEALTHY RELATIONSHIPS SERIES

Creating connections that thrive

Improve relationships with important people in your life and sign-up for a four week activity-based healthy relationships workshop series.

TOPICS INCLUDE

Introduction

- Proactive approach to help young adults
- Focus on interpersonal relationships
 - intimate, professional, friendship, family and virtual

Topics

- Personal and professional boundaries, how to identify them, what are respectful and unrespectful, differences between healthy and unhealthy relationships
- Effective communication (listening, speaking, body language and feedback communication)
- Use language from 30 best languages, the journey of love
- Conflict resolution as a function of the appropriate use of words and conflict resolution techniques for message sending

What worked

- Hands on activities
- Setting up expectations and ground rules
- Practicing how to set boundaries from the start
- Snacks, and name badges - instantly broke the ice
- Spending a whole session on communication (a lot of feedback stating this was the most useful session - surprised me!)
- Keeping sessions relevant and modern e.g. social media, online dating
- Removing power differences
- Real life examples
- Take home tasks

Challenges faced

- Timing
- Dates - not to close to exams
- Limited registrations
- Attendance
- Catering to all ages
- Student checking emails

by Diana Earl, University of Queensland
d.earl@uq.edu.au



bit.ly/UQ_HealthyRelos_2

What students had to say

"Dear Diana,
 Thank you for the amazing series!
 In the beginning, I did share with you that I consider this series to be an opportunity to reflect on my past/current relationships and to adopt skills, which allow me to create/maintain healthy relationships in the future. I have managed to obtain all of these goals over the past few weeks. I feel like I have gained a completely new perspective on relationships. I do believe that what we discussed in class will allow me to be more mindful of my behaviour and engage in more healthy relationships."

"Once again, thank you for the absolutely wonderful experience. I greatly appreciate your patience and willingness to listen to us. I hope that you can continue this series and wish you all the best!"

"I thought this course was absolutely beautiful and I learnt so much. Thank you!"

"It has exceeded my expectations - absolutely fantastic!"

100% of students would recommend this workshop to other students



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Topics

- Personal and professional skills, from the effects of social media to the importance of boundaries between healthy and unhealthy relationships
- Effective communication (listening, speaking, body language and conflict resolution)
- Use language from 20 best languages, the journey of love
- Conflict resolution as a function of the age group and its individual conflict resolution styles for message sending

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How it was run

- 4 week mini-series, once a week for 1.5-2 hours
- Experiential learning delivered from empirically supported data
- Sessions modeled the different stages that relationships go through and helped student practice skills with each other

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Who Attended and basic stats

Mostly undergrads, with several post grads and PHD students

Average age: 24.5 (range from 18-45)

Double the amount of international students than domestic student (11:5)

Nationalities from all over the world (China, Japan, Russia, Norway, Chile, India, Pakistan, Australia to name a few)

More men than women across the two semester (9:7), and the core group after drop-outs showed a ratio 3:2

Main interest was intimate relationships, followed by professional relationships.

Surprise: Friendship ranked lowest!

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Topics

- Respect and boundaries (culture, how this affects it, what our expectations are, differences between healthy and unhealthy relationships)
- Successful communication (Listening, Speaking, Body language and Barriers to communication)



- The language love (5 love languages, the journey of love)



- Conflict resolution (4 horsemen of the apocalypse and its antidotes, conflict warning signs, tips for managing conflict)



Topics

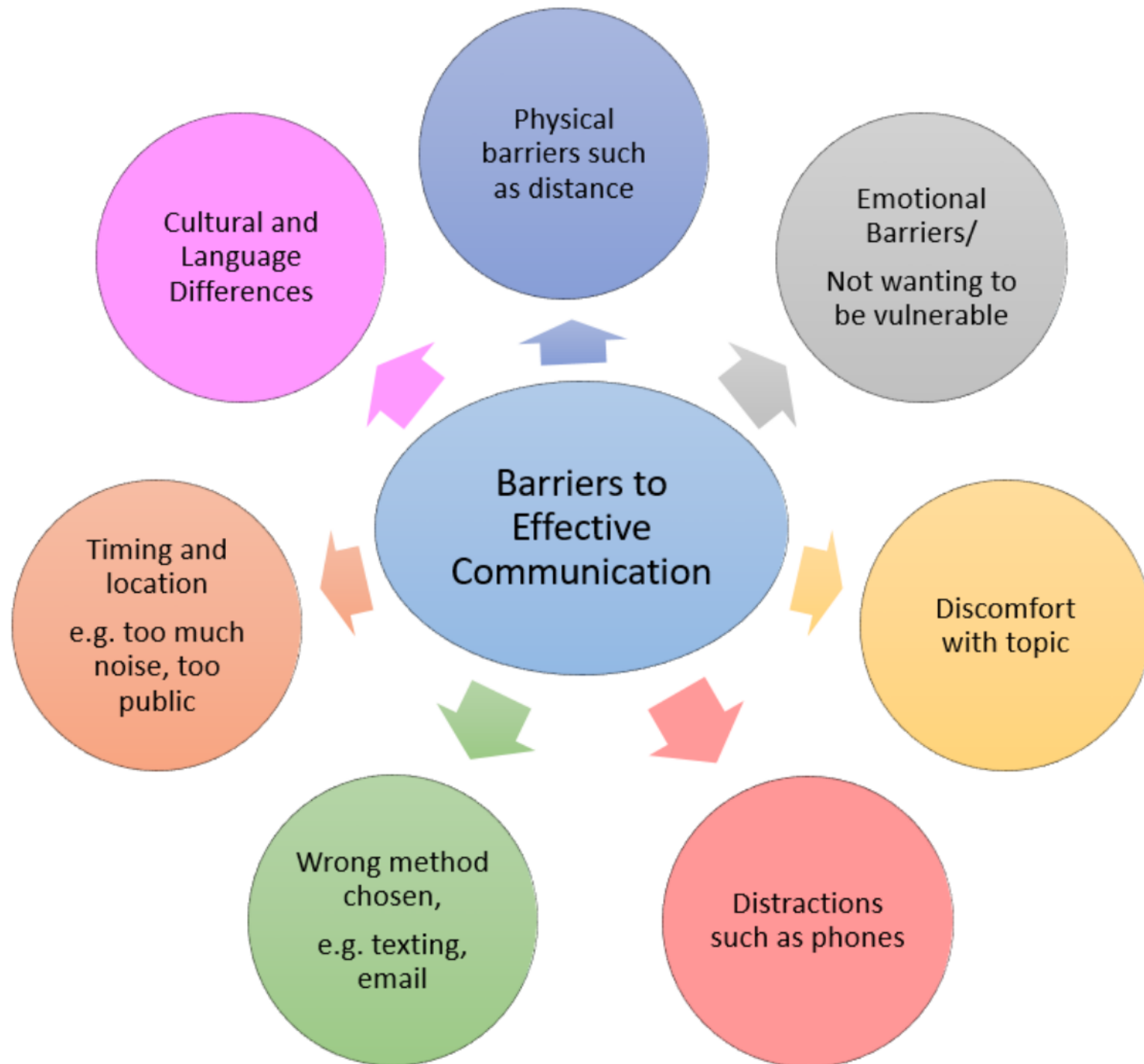
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The Five Love Languages

The Five Love Languages



READINGGRAPHICS
ACTIONABLE INSIGHTS IN ONE PAGE



**Words of
Affirmation**



**Acts of
Service**



**Receiving
Gifts**



**Quality
Time**



**Physical
Touch**

Successful communication (Listening, Speaking, Body language and Barriers to communication)



The language love (5 love languages, the journey of love)



Conflict resolution (4 horsemen of the apocalypse and its antidotes, conflict warning signs, tips for managing conflict)



THE FOUR HORSEMEN

AND HOW TO STOP THEM WITH THEIR ANTIDOTES

CRITICISM

Verbally attacking personality or character.



GENTLE START UP

Talk about your feelings using "I" statements and express a positive need.



CONTEMPT

Attacking sense of self with an intent to insult or abuse.



BUILD CULTURE OF APPRECIATION

Remind yourself of your partner's positive qualities and find gratitude for positive actions.



DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.



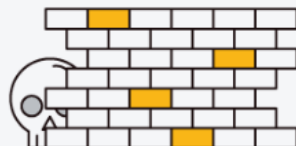
TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.



STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance, and separation.



PHYSIOLOGICAL SELF-SOOTHING

Take a break and spend that time doing something soothing and distracting.



What worked

Hands on activities



Setting up expectations and ground rules

Practicing how to set boundaries from the start

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Spending a whole session on communication (a lot of feedback stating this was the most useful session - surprised me!)

Keeping sessions relevant and modern
e.g. social media, online dating

Removing power differences

Real life examples

Take home tasks



Challenges faced

Timing

Dates - not too close to exams

Limited registrations

Attendance

Catering to all ages

Student checking emails

Tips

- Screen share
- Website emails + weekly templates
- Activity planning - A, B, C and D
- Positive group dynamics
- Encourage friendships
- Psycho-education not support
- Self-disclosure
- Confidential
- Snacks

Tips

Screen clients

Welcome emails + weekly templates

Activity planning - A, B, C and D

Positive group dynamics

Encourage friendships

Psycho-education not support

Self-disclosure

Content

Snacks

What students had to say

“Dear Diana,

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- Use language from 30 best languages, the journey of love
- Conflict resolution as a function of the appropriate use of words and number (using signs, signs for message, coding)

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