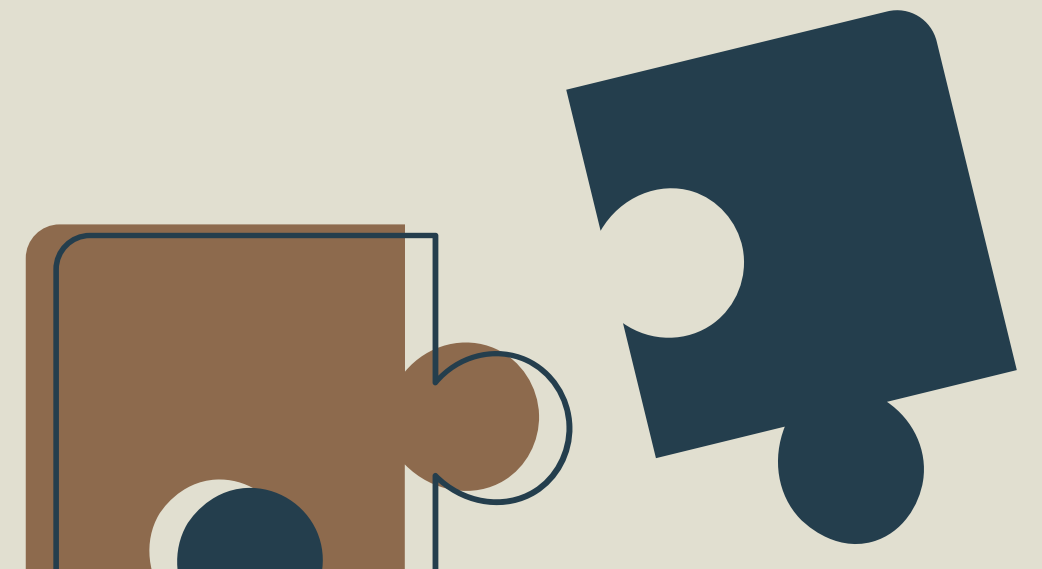
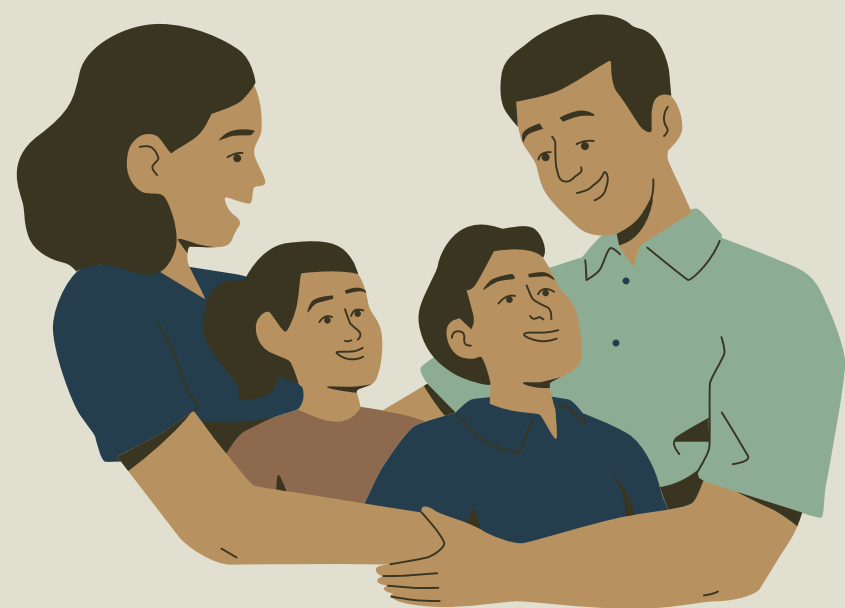


How to build

QUALITY RELATIONSHIPS

By Nicaj Flores





RELATIONSHIPS THROUGH
THE PHASES OF YOUR LIFE

ESTHER PEREL



“

The quality of your life ultimately depends on the quality of your relationships...

”

STEP 1:

BUILDING

A RELATIONSHIP






Be authentic to yourself and
genuine to others.



Our differences can bring us together,
to make something better.



**HEALTHY BOUNDARIES
ARE NOT TO CREATE
DIVISION BUT TO
CREATE A SAFE SPACE.**



ALWAYS BE KIND

It's a free currency

**“THE MOST IMPORTANT
THING IN COMMUNICATION IS
HEARING WHAT ISN'T SAID”**

—Peter Drucker



Other people's experiences and
perspectives do not invalidate
yours.

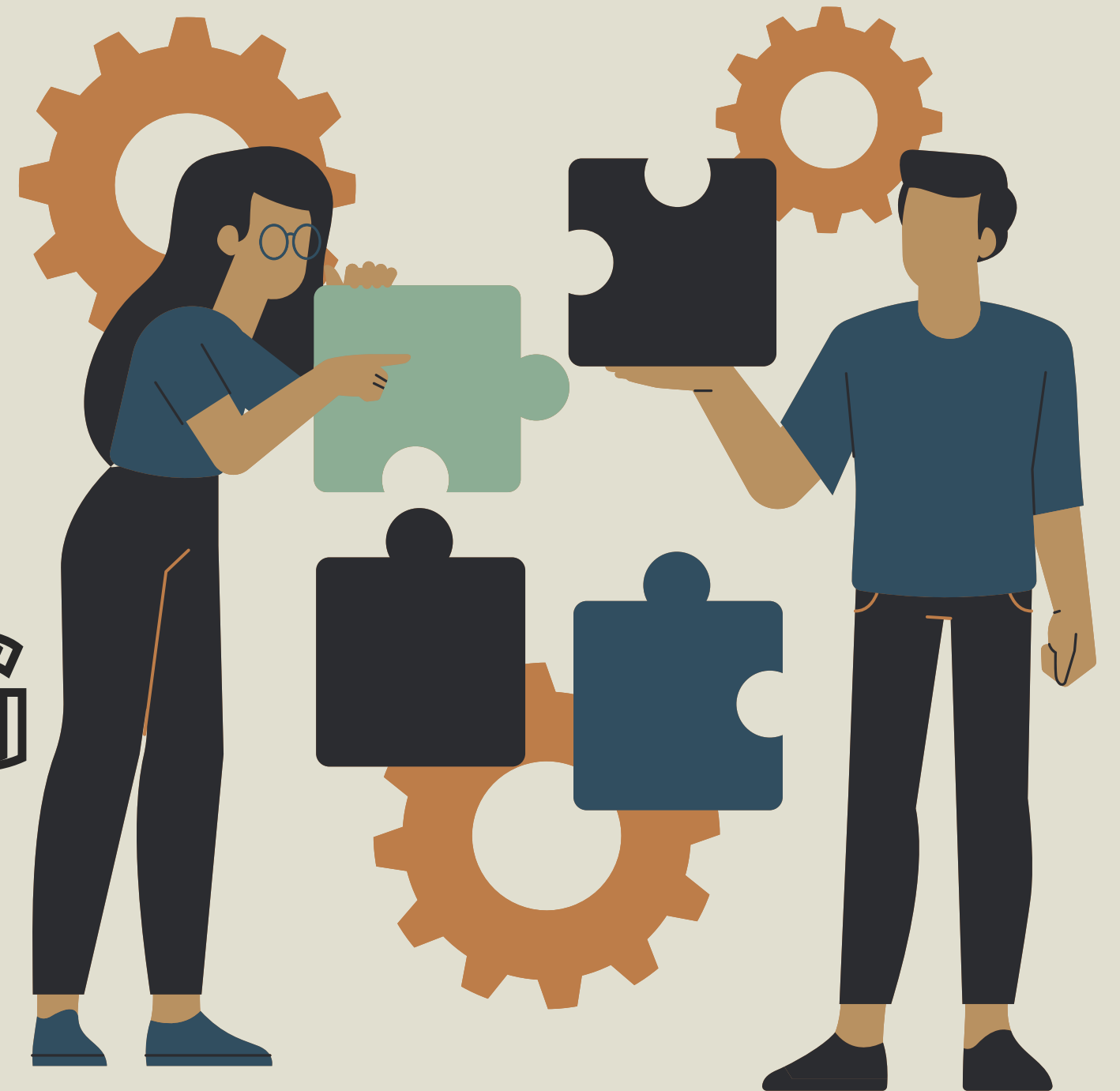
**RELATIONSHIP
REQUIRES TIME AND
COMMITMENT.**



STEP 2:

MAINTAINING

A RELATIONSHIP



COMMITMENT IS THE
CONTINUOUS EFFORT YOU
PUT INTO MAKING
SOMETHING IMPORTANT TO
YOU SUCCEED.



QUALITY TIME IS
SPENDING MOMENTS
TOGETHER WITH
INTENTION.



It's not about how much time you spend
with a person that matters, but the
quality of time you give.



**GREAT THINGS IN BUSINESS
ARE NEVER DONE BY ONE
PERSON, **THEY'RE DONE BY
A TEAM OF PEOPLE.****

– Steve Jobs

LEARN TO RESPOND, **NOT REACT**

01. PAUSE.

02. PROCESS.

03. PLAN.

04. PROCEED.

CHANGE IS THE ONLY CONSTANT

– Heraclitus



Let go of things you can't control.

STEP 3:

APPRECIATING
A RELATIONSHIP
(and yourself)





**APPRECIATION IS A
BASIC HUMAN NEED.**

**IT GIVES A SENSE OF
BELONGING AND PURPOSE**

**APPRECIATION CREATES A
POSITIVE AND SUPPORTIVE
ENVIRONMENT THAT
PUSHES YOU TO DO BETTER.**





It's a universal language.

We can't accomplish
everything on our own.



POWER OF THANK YOU.



**YOUR MOST
IMPORTANT
RELATIONSHIP IS
THE ONE WITH
YOURSELF.**
