



Better Leaders. Better Careers. Better Results

Happy Healthy Work Relationships

Work relationships are a rich and valuable part of our careers. After all, we're at work much of our lives. Relationships can be wonderful, on one hand. People can help us be our best. We can collaborate and come up with even better ideas. And results are rarely just our efforts alone. Yet, relationships are difficult. People are difficult. And when it comes down to it, relationships take work to keep them healthy.

Use this worksheet if 1) you have a relationship that's struggling, 2) you have a good relationship that you want to maintain, or 3) you have a good relationship that you want to turn into a great one.

1. Which is the relationship you want to focus on?
2. What is the current status of this relationship?
3. What kind of relationship would you like to have?
4. What are your greatest concerns, difficulties, or problems?
5. What help have you sought?
6. What would a healthy relationship look like?

7. What is your part in creating the relationship you desire?

8. What do you need to let go of?

9. What change in perspective do you need to make?

10. What can't be changed?

11. What *is* possible?

12. What is a good first step in achieving the kind of relationship that you want and that is possible?

13. What kind of actions, words, and thoughts do you need to commit to in order to have the relationship you desire?

About Blue Bridge Leadership

At Blue Bridge Leadership, we provide a variety of career development and leadership development services. We work with individuals, teams, and organizations. Opportunities include executive and leadership coaching, team building, and corporate training. Plus, we offer career coaching, resume assistance, and outplacement solutions.

We help talented people flourish. We believe in helping them reach their highest potential. Additionally, we partner with them to overcome their challenges and achieve their goals. And although we are based in Grand Rapids, Michigan, we have worked with clients all over the state and beyond.

We have been interviewed and featured as experts in the coaching and leadership development industry. For example, media spotlights include Grand Rapids Press, Grand Rapids Magazine, Women's Lifestyle Magazine, Take 5 TV, West Michigan Woman Magazine, Carol Roth's Business Unplugged, WGVU's Business in Heels radio program, and WZZM 13 News.

Better Leaders. Better Careers. Better Results.