People Principles: “A guide to winning with people”.

Effective and Healthy Relationships
By: Georgina Rodriguez
Telephone Exercise

• Three Key Individuals will relay the message around the room
• We will compare conversations from beginning to end
The People Principles

“If you can win with people, you can win every time.”

What’s the Secret?
Success or Failure: Life is about successful relationships
Learning outcomes

1. Participants will learn to identify the basic principles towards building healthy relationships.
2. Participants will identify key traits for improving personal and professional relationships.
3. Participants will learn effective communication for positive expression and support.
GROUP DISCUSSION:

• What traits does your telephone reveal?
• Good people skills?
• How do we establish relationships with people?
• What are relationships?
Four C’s
Create
Collaborate
Connect
Communicate
The Readiness Question:
Are we prepared for relationships?

- Lens Principle
- Mirror Principle
- Pain Principle
- Hammer Principle
- Elevator Principle
The Lens Principle

“YOU ARE YOUR OWN LENS”

• What you see
• How you see others
• How you view life
• What you do
How is your lens shaped?

1. Genetics
2. Self Image
3. Experiences in Life
4. Choices and Attitudes
5. Friends
The Mirror Principle

Have I examined myself and taken responsibility for who I am, my actions, my choices, and my friends?

“TAKE A LOOK IN YOUR MIRROR”

- Self Awareness
- Self Image
- Self Honesty
- Self Responsibility
The Pain Principle

Hurting people hurt other people and are easily hurt by them.

- There are many hurting people
- Those hurting often hurt people
- Those hurting people are often hurt by people
- Those hurting often hurt themselves
Healthy people are more willing to... 
Change 
Admit failure 
Discuss issues 
To do something

Hurting people are less willing to... 
Change 
Admit failure 
Discuss issues 
To do something
How to deal with hurting people:

• Don’t take it personal
• Look beyond the person for the problem
• Look beyond the situation
• Do not add to their hurt
• Help them find help
The Hammer Principle

Never use a hammer to swat a fly off someone’s head.

• Total Picture
• Timing
• Tone
• Temperature
The Elevator Principle

We can lift people up or take people down in our relationships

• Some people add something to life
• Some people subtract something from life
• Some people multiply something in life
• Some people divide something in life
GROUP ACTIVITY

What did we learn today based off of Maxwell’s five basic principles in healthy relationships?

- Principles for effective relationships
- Keys traits did we learn for improving our personal and professional relationships
- How can we communicate effectively to support one another.
Trade in your hammer for a velvet glove:

- Do I know myself?
- Am I comfortable with myself?
- Do I let the past stay in the past?
- Is my reaction part of the problem?
- Do I let the situation mean more than my relationships?
- Do I treat everyone with unconditional compassion and love?
- Do I admit my wrongs and ask for forgiveness at the right time?
Guide to Healthy Relationships:

T are my relationships truthful?
H are my relationships helpful?
I are my relationships inspiring?
N are my relationships nurturing?
K are my relationships kind?
Making a decision to put your relationships ahead of the circumstances of life.

-(Maxwell, 2004)
Questions?

Thank you!
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STUDENT AFFAIRS