

Sailing on good relationSHIPS



A good relationship is built on

- Trust
- Respect
- Self-awareness
- Inclusion
- Open communication



Anchors of a boss and employee relationship

- Regular one on one chat
- Talk about each other's goals
- Know when and how to communicate with each other
- Ask for help and advice

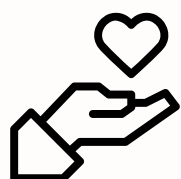


How to steer towards a good relationship

- Develop people skills
- Practice mindful listening
- Identify the relationship needs
- Respect boundaries



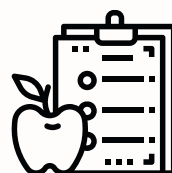
Stock up on wellbeing solutions and leave the dock prepared, proactive and purposeful.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



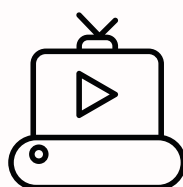
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