

Workplace Wellbeing

Relationship Building

When you cultivate positive and supportive relationships, you are more likely to feel happy and fulfilled, however when relationships break down you may find yourself embroiled in conflict. This module looks at how to both build and maintain positive working relationships, as well as how to handle conflict situations in the workplace.

In this Module

Videoscribe explainer video, with professional audio (duration: 02:47)

English Subtitles

8 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. A positive working relationship is built upon trust and mutual respect.
2. Listen to others and communicate openly.
3. Remember that positivity breeds positivity.

