

	<h2 style="text-align: center;">S.A.F.E. Report</h2> <p style="text-align: center;">4 Keys to Improving Your Relating Style</p> <p style="text-align: center;"> www.improvingpeople.com.au <i>Live Your Dream</i> </p>
	<p><i>We've all run into those people that get us really upset or annoyed. It doesn't have to be that way. You can change the affect other people have on you and the effect you have on others by learning S.A.F.E. relating styles.</i></p>
<p>Separate</p>	<p>The first step is to realise that you and the other person are separate! You are not them and they are not you. You can not control them and they can not control you. You are responsible for how you react to a situation and they are responsible for how they react. Understanding this key will revolutionise the way you interact with other.</p>
<p>Anxiety Management</p>	<p>Feeling anxious or overwhelmed will cause you to lose the ability to think clearly, make rational decisions and respond in an emotionally healthy way. The key is not to see anxiety as the problem. Recognise that feelings are ALL good in that they tell us how we are thinking and what is happening to us. Instead of trying to change the feeling, it is far more effective to look at why you are feeling that way, and change the thought pattern behind the feeling.</p>
<p>Fear & Doubt</p>	<p>It is amazing how many of our thoughts are governed by fear or doubt. It is a great exercise to start thinking about what you are thinking from this perspective. Fear & Doubt will prevent you from achieving your potential. Replace the thoughts with action oriented positive thinking and you will be amazed at what you can achieve!</p>
<p>Encourage</p>	<p>Encouraging others is the most important of all the S.A.F.E. keys. "What goes around comes around" is a saying that has a lot of truth to it. If you approach people with an open encouraging attitude they will generally return the same (even if it does take them a while to defrost – which is a principle of my "porcupine theory").</p>
	<p><i>You can change the way you relate to other people and to a large extent the way they relate to you by implementing S.A.F.E. relating styles in the workplace. Try it and see the difference.</i></p>

For more information on getting the most out of your people please contact Brad on brad@improvingpeople.com.au or visit the website www.improvingpeople.com.au . Brad is available for Keynote Presentations and Business & Life Coaching.