

# Relational Wellness

An In-service to Strengthen Home & Workplace Relationships

## Description

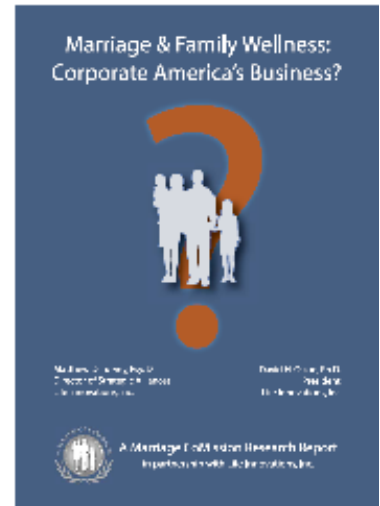
The one hour in-service is provided to businesses at no cost. Experienced facilitators create a friendly, interactive and memorable experience for participants using evidence-based methods and skills. Outcomes anticipated will be increased emotional literacy, relational harmony and work productivity.

## Rationale

One notable research project estimates that **\$6 billion** is lost by American businesses due to decreased productivity stemming from marriage and relationship difficulties (Forthofer, Markman, Cox, Stanley & Kessler, 1996).

These expenses are borne directly by corporations, owners, and shareholders. Employees in failing relationships **cost money** to the companies for whom they work.

An **unprofitable work environment** results from the many factors experienced by employees in failing relationships: increased absenteeism and presenteeism (being physically present but mentally absent), decreased health, increased anxiety and stress, and increased health insurance costs.



Source: Marriage & Family Wellness: Corporate America's Business? by Matthew D. Turvey, Psy.D. and David H. Olsen, Ph.D. (Minneapolis MN: Life Innovations, Inc., 2006).

## Objectives

- To understand the communication process, the basic "currency" of relationships.
- To learn and practice the skills of listening and asserting.
- To experience what "connection" is and what it feels like.
- To discover 5 barriers to connection (related to animals).
- To implement the use of a daily connection-building tool.
- To invest meaningfully in both home and workplace relationships.



## Facilitators



**Lavern and Ronda Nissley** are affiliated with Marriage Resource Center of Miami Valley in Springfield, Ohio as Executive Director and Director of Advancement. Their own 30 year marriage relationship and some 25 years of teaching and corporate management form the foundation of acquired insights and skills that lead to relational wellness.