

SESSION 7 — Relationship Management Skills

 Duration: 14 Hours

Concepts Covered

- Trust-building
- Emotional boundaries
- Conflict resolution
- Collaboration & teamwork through EI
- High-EQ behaviour at work

Hands-On Activities

- **Conflict resolution simulation**
- **Building boundaries worksheet**
- **Team collaboration exercise**
- **Trust-building activity**

Outcomes

- Navigate relationships effectively
- Resolve conflicts calmly & respectfully