How to harness the power of respectful relationships with Sarah Melissa Oswald

with Sarah Melissa Oswald · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Relational leadership coach Sarah Melissa Oswald says every relationship, at home or at work, starts with the one you have with yourself.

- [ ] Start your morning with a few minutes of silence and a journal before the day's details take over.
- [ ] When a relationship feels off, put one hand on your chest and one on your stomach and ask what you're feeling.
- [ ] Tell the people close to you how you really feel, without blame and with respect.
- [ ] Notice whether you tend to hide behind walls or say every thought, and practice the opposite.
- [ ] Ask each person on your team what their special gift is and why they chose their role.
- [ ] When someone thinks differently from you, ask a curious question before you judge.
- [ ] Set up a space that is only for work, and leave work there when you go home.
- [ ] Pick one area of your life where you're rushing, and slow it down this week.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/healthy-relationship-with-yourself-sarah-melissa-oswald/
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