

Advice you can count on.



## Building Strong Relationships

Whether you're looking for ways to build and maintain strong relationships with family and friends, grow closer as a couple or work through a problem with a co-worker or your manager, LifeWorks is here to help. Contact a consultant for advice on staying connected with family and friends both near and far, working through rough patches with the people you care about, and making new friends.

You can also go online to order our award-winning CD, *Staying Strong as a Couple*, featuring the well-known psychologist and author Dr. John Gottman. He talks about the common challenges couples face and how to get through them and grow closer as partners. The recording also features the voices of five couples talking about the challenges and successes of their own relationships.

And be sure to go online to listen to our new podcast on *Couples and Money*, featuring tips from an expert on how to handle disagreements about finances. You'll find helpful tips on how to communicate as a family and hold a family meeting in our podcast, *Communicating as a Family*.

You can also read or download these informative articles:

- *Communicating as a Couple*
- *Talking with Your Teenager About Serious Issues*
- *Talking with Your Older Relative*
- *Building a Productive Relationship with Your Manager*
- *Getting Along With Co-Workers*

Be sure to sign up for our monthly newsletters which feature articles on timely topics all year long. If you're not already a subscriber, sign up today!

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