

CareerAdvisor

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Tip sheet

Deepening relationships



Why is this important?

Relationships form the foundation of every experience we have. They provide us with the resources and support that give us the freedom to be more creative, innovative, and influential. Strong relationships can make our lives and work more enjoyable, fulfilling, and successful.



Think about it

When you have strong trust-based relationships, you feel emotionally supported. This helps lower your stress and puts you in a position to expand your thinking, take risks, collaborate, share ideas freely, and harness the individual and collective creativity of the group.



What does it look like?

It's trusting

Building trust is a two-way street. Keeping commitments and confidences creates a bond that opens the lines of communication.

It's respectful

Honoring the culture and beliefs of others and valuing diverse perspectives creates a safe environment for sharing ideas.

It's truthful

Seeking and giving genuine feedback and advice encourages collaboration and growth.

It's generous

Giving your time and talents without expecting to receive something in return leads to mutual generosity and shows that you are invested.

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

— C.G. Jung



Take action

When building relationships:

- **Be interested:** What can I learn about this person? How are they unique?
- **Be interesting:** What can I share about myself to build an authentic connection?
- **Be open:** How can I help others know the “real me” while getting to know them as well?
- **Be observant:** What are the acceptable norms in this environment or culture?
- **Be present:** How can I show I’m fully engaged and vested – in the moment and in the future?