

CARVING OUT YOUR PLACE!

Workshop 9

REMINDER!

It is important to find a comfortable place among your peers. Each individual has a unique and important role to play in a group.

A few strategies...

To make friends



- Smile, be calm
- Use humour
- Appreciate the person, show interest in them
- Compliment their accomplishments and skills
- Take the first steps to talk to someone
- Ask questions about the other person's situation and experiences
- Take the time to listen before resuming the discussion
- Identify shared interests
- Wait your turn to talk and give others a chance to speak up
- Participate in the discussion
- Use a calm, steady tone of voice

The umbrella effect!

Making friends is one of the main things young people worry about.

Having friends makes you feel braver, more optimistic, and good about yourself.

On the other hand, when you feel left out or uncomfortable and "out of place" in your group, you may feel more stress and sadness.



REMINDER!

While there are a lot of attitudes conducive to making and maintaining friendships, the challenge is to still staying true to yourself and your needs.

A few strategies...

To maintain good relationships

- Get involved
- Open up, learn to talk about yourself
- Express yourself clearly
- Respect other people's points of view
- Accept criticism from others

HORS-PISTE CHALLENGE

Think about your friendships...

Choose one or two strategies that you'd like to apply during the week to improve the quality of your friendships.

