

CARVING OUT YOUR PLACE!

OFF

TRAIL

Workshop 9

REFRESHER



In a group, each person has their own **unique and important place** to carve out. No more, no less!

Whether you're connecting with others on social media or in person, it is the **quality of these relationships** that matters most, not the quantity!

It's better to have **a few friends you can count on and have a sincere, fulfilling and mutual relationship with** than a bunch of superficial relationships.

Your turn!

Use these strategies to:

Build friendships

- Take the first steps to talk to someone;
- Show interest and ask questions;
- Use non-verbal cues to show openness;
- Participate in the discussion;
- Use humour;
- Identify your shared interests.

Maintain positive relationships

- Listen and be sensitive to the other person;
- Respect the other person's values and point of view;
- Open up and learn to talk about yourself;
- Express yourself clearly and honestly;
- Be able to apologize;

Get out of uncomfortable relationships:

- Discuss the discomfort you feel;
- Choose activities where you feel more comfortable;
- Develop other friendships at the same time;
- Choose yourself, despite your fears and doubts;
- Ask for help.

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Friendships act as **protective factors**. Just as an **umbrella** protects you from the rain, they protect you with feelings of safety and well-being that make it easier to overcome challenges you face in life!



OFF-TRAIL Challenge

This week...

- 01** Reflect on your friendships. How do you feel about them (good, comfortable, uncomfortable, unhappy)?
- 02** Choose two strategies you could use to improve the quality of your friendships.

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