

# Webinars



## Webinar Toolkit: February 2022

### “Building Beautiful Relationships at Work and at Home”



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### Types of Relationships:

- Romantic partners
- Children
- Parents
- Siblings
- Extended family
- Friends Colleagues
- Associates
- Community

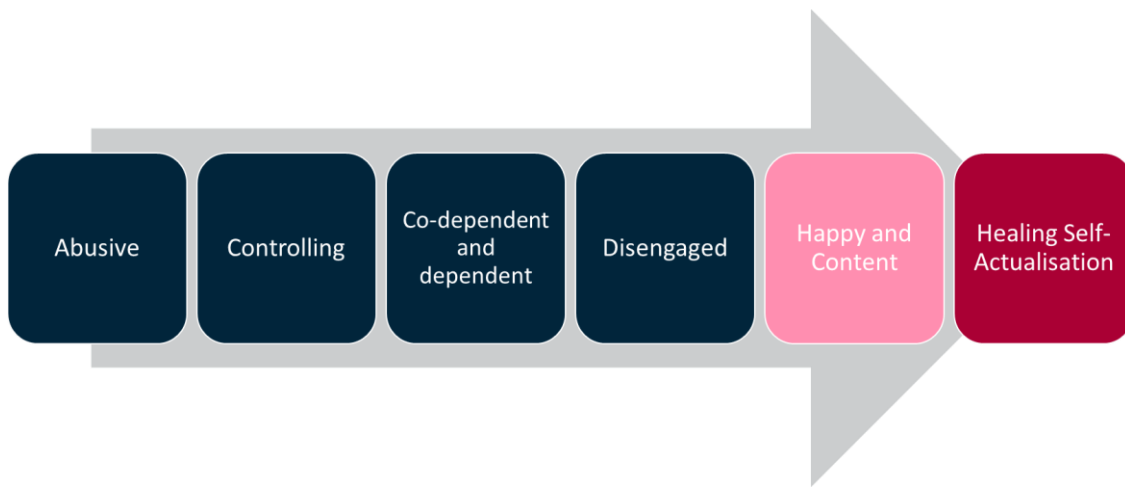
**Challenge:** Think of the various relationships in your life, and try place them into a type of relationship as listed above.

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## Continuum of Healthy Relationships :

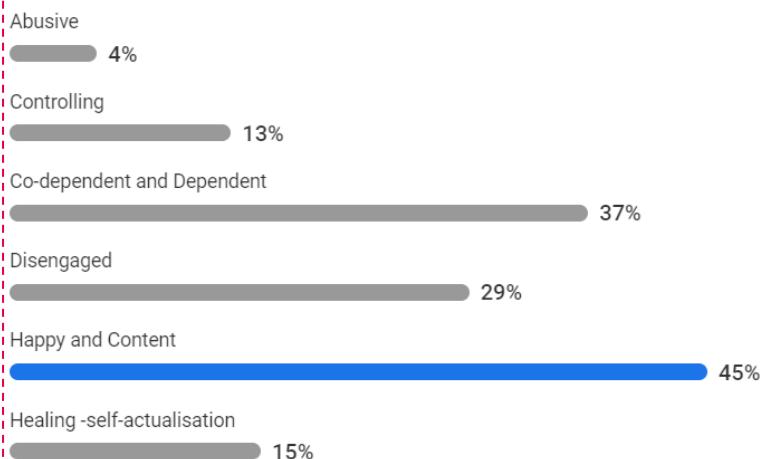
Developed by Tracy Helps, this Continuum helps us gain some understanding of how “healthy” a certain relationship is, by starting with the least healthy “Abusive” relationships and ultimately looking at the “Healing, Self-actualised” relationships.



**Challenge:** Watch the recording of the webinar and try decipher for yourself, where the relationships you identified in the previous challenge lie on the continuum.

## Results received from our pole:

How would you describe the majority of your important relationships?



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**We then asked everyone in the session to share a piece of insight they gained from the session, below are some of the responses we received:**

- “Learn to accept that my failures don’t determine my future”
- “You can't pour from an empty cup. You need to take care of yourself in order to take care of others”
- “Be honest to yourself”
- “Reach out for help”
- “It is okay to let people fail or succeed by their own.”
- “Been accountable for my own experiences and not allowing them to influence current experiences”
- “Set your healthy boundaries”
- “Love yourself through tough times, take care of yourself before others. For you are the only person you can depend on”
- “Identify my own childhood traumas and getting to know myself better”
- “I have realised I need to heal first. A big take home. Need to reach out for help can't do it alone”
- “Critically take a look at my relationships to decide where I need to make changes / move away”
- “I am responsible for my own happiness.”
- “Create some me time!”
- “Own your own insecurities”
- “Allow myself to be vulnerable”
- “Set boundaries”

**Challenge:** What insights have you to learn from the session?

**Thank you for joining the session!**

Remember you can access the recordings, toolkits and register for each monthly session on the Kaelo website:

<https://www.kaelo.co.za/introducing-free-monthly-webinars/>