

STRENGTHENING RELATIONSHIPS
THE POWER OF HONESTY, BOUNDARIES, AND SELF-LOVE

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Special Guest

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Follow the Profound Growth Process with 5 Tips to Strengthen Relationships

TIP #1 Notice: Who is depleting you? What is happening and how do you feel?

TIP #2 Claim: Self-Love. We encourage listeners to question traditional expectations and rituals in their relationships and prioritize their well-being and happiness.

TIP #3 Integrate: Honesty. We also emphasize the importance of honesty about relationships that don't work. Humans have an innate need for belonging, but unhealthy relationships can make it difficult to feel a sense of inclusion. Be honest with yourself.

TIP #4 Integrate: Collaboration and Flexibility. Think about creating "experiences" and what this might feel like. From there the form of what this might take will emerge. If you want ease (the experience) what form might this take? Saying, "No more." Changing things in terms of how much you take on. Or, asking for help. Don't believe that the way it's always been done has to be the way going forward.

TIP #5 Act: Set Boundaries. Use the concept of *Designed Alliance* as a tool for creating shared experiences and setting expectations in relationships. You create a Designed Alliance with anyone you have a relationship with - boss, partner, co-worker - that will set you both up for success.

Here is a link to a Profound Growth Blog post about distinguishing between experience and form:

<https://www.profoundgrowth.com/blog/the-most-important-advice-you-will-ever-hear>

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