

INTERPERSONAL EFFECTIVENESS

Dear Man,

OBJECTIVE



Environment

Indecision

Lack of Skills

Emotions

Thoughts



SELF-RESPECT

RELATIONSHIP

FAST

GIVE

IN ANY INTERPERSONAL SITUATION, YOU CAN BE EFFECTIVE IN 3 AREAS:

- PURSUING YOUR **OBJECTIVES**
- MAINTAINING YOUR **SELF-RESPECT**
- BUILDING AND MAINTAINING THE **RELATIONSHIP**