

Keeping Better Relationships

"Leadership is a gift. It's given by those who follow. You have to be worthy of it."

- General Mark A. Welsh III, former Chief of Staff of the U.S. Air Force

Likewise, a relationship is a gift! It's enjoyed by those who invest in it. You must build a bond of strength and trust to be worthy of it.

"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." - Ecclesiastes 4:12

Many underestimate the impact of relationships on personal and professional life. The quality of relationships in the military effect readiness and resilience.

5 Keys to Great Relationships:

REACH- Respect-Empathy-Allegiance-Communication-Humility

1. **Respect:** Mutual respect involves valuing each other as individuals and appreciating each other's boundaries. It means honoring your partner's feelings, opinions, and beliefs, even when they differ from your own. Respect also involves acknowledging your partner's contributions to the relationship and life in general.
2. **Empathy:** The ability to understand and share the feelings of another is critical in relationships. Empathy allows partners to support each other emotionally and provides a deep sense of being understood. It helps in resolving conflicts more effectively, as each partner can see the other's point of view.
3. **Allegiance:** Trust & Commitment. Trust is fundamental to the security and strength of a relationship. It's built over time through consistent and reliable actions. Allegiance means dedication to your relationship's well-being. A high level of commitment can help partners feel secure, even during challenging times. A strong relationship requires collaboration towards common goals which helps relationships grow and both parties to achieve shared goals and mission.
4. **Communication:** Effective communication is the cornerstone of any strong relationship. This means not only talking but also listening actively. It involves being open about one's thoughts and feelings and being receptive and respectful when your partner shares theirs. This also includes nonverbal communication, such as eye contact, body language, and physical touch, which can convey empathy and understanding.
5. **Humility:** Selflessness and sacrifice come from a lack of pride and arrogance. Humility in a relationship means putting ego aside to value each other's perspectives, foster forgiveness, and promote mutual growth. It is key because it allows partners to communicate openly and resolve conflicts constructively

As we focus on keeping better relationships, we will be more effective in our mission at work and at home.

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