

50 Ways to Creating Enduring Connections

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Wouldn't you agree that life is about quality connections? Our success, happiness, and well-being are largely the by products of our ability to get along well with others and cultivate positive relationships. Below is a checklist of the active ingredients in creating enduring connections. These are from the book, "Get Along with Anyone, Anytime, Anywhere ... 8 keys to creating enduring connections with customers, co-workers ... even kids" by Arnold Sanow and Sandra Strauss

- **Make people your passion**
- **Be interested, not just interesting**
- **Be a conscious connector in building positive relationships**
- **Boost good feelings in others**
- **Communicate with care**
- **Engage the interest of others by focusing on what interests them**
- **Approach each interaction with positive intent**
- **Take the initiative to reach out to others first**
- **Project a positive presence**
- **Be attentive**
- **Express empathy**
- **Build trust; mean what you say, and say what you mean**
- **Adapt how you communicate to best serve what others need**
- **Act in ways that make people feel valued**
- **Give feedback tactfully and receive it willingly**
- **Create a sense of safety and openness**
- **Mend misunderstandings**
- **Keep an open mind**
- **Seek to understand how others see a situation**
- **Acknowledge and honor the feelings of others**
- **Monitor and master your emotions**
- **Hear people out**
- **Drop any need to "be right"**

- **Let go of grudges**
- **Manage difficult interactions with effective strategies**
- **Greet people with a smile**
- **Open your heart when it closes**
- **Seek peace when others don't**
- **Be responsive to what others want or need**
- **Respect differences**
- **Let words of caring and kindness work magic**
- **Don't take anyone for granted**
- **Thank people for their help, their time, their service, their thoughtfulness, their caring, and their support**
- **Act as a catalyst to help others get what they want**
- **Praise positive behaviors**
- **Energize the winning spirit**
- **Make the right choices to create desired outcomes**
- **Give people credit for their ideas**
- **Express a dazzling attitude, even when it's difficult**
- **Resolve conflicts with diplomacy**
- **Build bridges that join; remove walls that separate**
- **Release negative labels (of yourself or others)**
- **Speak your truth**
- **Accept responsibility; avoid playing the blame game**
- **Forgive others (and yourself) for flubs, faux pas, and foibles**
- **Light the way with laughter**
- **Project a cooperative spirit**
- **Express enthusiasm**
- **Encourage the expression of gifts, talents and personal excellence**
- **Model the behaviors you want others to express**
- **Handle every connection with care and keep them in good repair**

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