

# Dynamic Relationships

BUILDING POSITIVITY IN ATTITUDES, INTERACTIONS, AND IDEAS



## Dr. Ernie Mendes

Relationships are the foundation of Success. They buffer us against the effects of stress and change. They form us through interactions. And they also challenge us by triggering unresolved facets of our life experience. The pandemic has recently put a light on how important they are in our life.

People live longer and are healthier when they are in supportive relationships and they suffer more when they are in dysfunctional relationships. And, one of the most important relationships is our relationship to our self. Self-compassion research shows us that being kind to ourselves results in more compassion and understanding toward others.

**Important:**

**You must register for each monthly class.**

**Register at:**

<https://first5siskiyou.org/ernie>

Each training session is from  
9:00am to 12:30pm

Questions? 530.598.3905

2021

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In each monthly class, we will discuss ways to maximize our effectiveness in all of our relationships and learn to support parents, teachers, child care providers, leaders, team members, youth, and teens in their relationships. We will continue to build community during each of our sessions, learning from each other's experiences, practicing conversational skills, case examples, and new ideas.

### Participants in this series will learn how to:

- Understand and flex with different social personality styles
- Continue to build your bank of self-regulation skills
- Practice and apply reflective conversations in various contexts
- Learn the top influence strategies from Social Psychology
- Understand how to cultivate high performing teams
- Gain insights into the adolescent brain
- Identify your buttons
- How to balance structure and nurture in parenting

This training is made possible at no cost to participants because of collaboration and funding support of the organizations illustrated below. First 5 Siskiyou thanks them for their partnership and encourages others to join in this effort. **Together Everyone Achieves More!** To join in this partnership, contact **Karen Pautz** at 530.261.1297 or [karenpautz@first5siskiyou.org](mailto:karenpautz@first5siskiyou.org).