

# Activity 1 | Building Relational Capacity

## Participant Guide

Our goal is to build relational capacity because it increases our \_\_\_\_\_, allows us to give \_\_\_\_\_ more effectively, and helps drive better \_\_\_\_\_.

## Definition of Relational Capacity

The **width** of topics you can discuss, the **depth** to which you can discuss them, and the **height** or amount of value the recipient of the feedback places on its impact in their life.

## 8 Behaviors that Intentionally Build Relational Capacity

1. Affirming
2. Listening
3. Sharing experiences
4. Dependability
5. Time together
6. Laughing together
7. Thinking together
8. Showing empathy

What gets in the way of building Relational Capacity? Our \_\_\_\_\_.