

Navigating Relationships

Essential foundations for the art of empathy and courageous conversations.

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Personal success is dependent upon how deeply we can connect with ourselves, others, and our communities. Behavioral challenges that are brought to our attention as counselors, teachers, risk managers, students, and professionals almost all have a common thread of the lack of empathy and an inability to negotiate simple and complex relationships.

We now live in a world that often annihilates critical thinking, empathy, and face-to-face dialogue. This, in-turn, fosters isolation, extrinsic motivation, loss of joy and drive creating a pathway towards “sensation” but not “connection.”

However, the very good news is that when we experience deep genuine connections, with other caring adults in our lives, we naturalistically gravitate towards wanting meaningful and healthy relationships.

All we need to do is gift each other with simple foundational concepts on how to create healthy bonds and provide experiential opportunities for relevant and courageous conversations.

This is the key for personal happiness, optimizing life-long learning, empathy, and creating deep connections with others. More than ever, learning how to navigate relationships with a strong foundation of empathy is how we best prepare our students, co-workers, friends, clients, professional staff and ourselves to succeed throughout life's grand adventures.

Navigating Relationships 2016- 2019 Summary Data, n = 1720

94% of participants reported that the presentation is relevant

83% of participants said that the presentation will cause them to change their behavior.

95% of participants reported that the presentation was helpful.

100% of participants stated that that the presenter communicated the topic clearly.

100% of participants said that the presenter was knowledgeable about the topic.



Navigating Relationships Description:

Navigating Relationships

(Created and facilitated by Spencer Gorin, RN, AOD & Harm Reduction Specialist, University of Arizona, sgorin@email.arizona.edu, spencergorin@gmail.com) with assistance from Kim Fassl, Assistant Director, Student behavior Education and Rossana Curti, Assistant Dean of Students

Goal: to build positive self-love, empathy, understanding, connection and communication skills through relationship education and interactive dialogue and activities.

Outcomes:

After attending a Navigating Relationships Module students will be able to:

1. Identify healthy "adult" approach to relationship challenges.

2. Identify the three central concepts of The Navigating Relationships workshop.
3. 75% of participants/students will state that they feel better equipped to engage in healthier relationship because of attending a Navigating Relationships workshop.
4. 75% of participants/students will state that they have a specific idea in mind by which to engage in healthier relationship because of attending a Navigating relationships workshop.
5. Participants/Students will identify at least one take-home message that will help navigating relationships because of attending the workshop.

Program Outline:

Pre presentation

Ice breakers

Intro rap and ground rules:

Education component:

Introduction to the three central concepts:

Putting central concepts into action through...

1. Engagement

2. Courageous Conversation (The power of differentiated dialogue)

Why is courageous conversation relevant?

Specific Creative Conversation topics & questions (as prompts to core messages and facilitated in full and/or small groups)

Concurrent education information:

Final Group process

Evaluation

Contact Spencer Gorin to facilitate a Navigating Relationships workshop for your organization

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