

# Welcome to Positive Relationships

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E-mails will be returned within 24 hours  
(for quick response call anytime before 9:00 p.m.)

Online hours: daily between 7-8 p.m.

## Course Description (catalog description)

This online course will explore the current research on building positive relationships to include knowing and valuing yourself, understanding how your values and choices impact your relationships, how to become a better listener and communicator, experiencing and expressing your emotions and improving your health. Lessons apply to intimate relationships, friendships, family, and business associates. Over the course of the month you will learn to develop skills to make wiser choices and see how you have the power to create positive relationships by choice and live a happier and healthier life.

## Required Book

Person to Person: Positive Relationships Don't Just Happen, 5/E