



@ASK Training
Attitude | Skills | Knowledge

Winning Relationships with the 5 Love Languages @ Workplace

Course Code:

ASK5LL

Course Duration:

1 day (8 hours), 9.00am - 5.00pm

Course Fee:

\$600 (\$654 Inc. 9% GST) per participant

Course Venue:

Hotel

Course Dates:

<https://asktraining.com.sg/course-schedule/>



Course Synopsis

Building strong relationships involves understanding how the other party expresses and receives love. People express and receive love in 5 different Love Languages, namely, Quality Time, Physical Touch, Acts of Service, Words of Affirmation and Receiving Gifts. By understanding what Love Language the other party is, you will be able to forge stronger relationships.

In our course, we will teach you the fundamentals of how to use the 5 Love Languages to build stronger and ever-lasting relationships both in personal life and at the workplace.

Participants will learn more in depth about the 5 Love Languages. They will also find out which Love Language do they themselves express, and learn to apply the lessons learnt to their day-to-day lives.

Course Objectives

At the end of the course, you will be able to learn Dr Gary Chapman's 5 Love Languages and how to have winning relationships at work and at a personal setting as follows:

- Understand that people express and receive love in different ways
- The concept of emotional bank account
- How to communicate appreciation and encouragement in a meaningful way by speaking these love languages
- Forge better relationships with others by knowing what matters to them most in a relationship.
- Apply the 5 Love Languages at work and personal setting.

Course Outline

- Words of Affirmation
 - Case Study Discussion on DVD "Its So Simple" a case study of South West Airlines.
 - Experiential sharing by participant o how they have been encouraged by words of affirmation – verbally, in writing or through social media.
 - Experiential exercises by participants in how to express appreciation.
 - Case study Discussion on DVD "When There's A Will"
- Quality Time
 - Ways to Spend Quality Time with family and Colleagues.
 - Experiential Sharing on memorable experience they had with family & colleagues.
 - Group Discussion on what they can do to build team spirit by spending quality time together through regular and different activities.
- Receiving Gifts
 - How to give and receive gifts
 - Ten gifts that does not cost a cent: Gift of Listening, Affection, Laughter, Written Note, Compliment, Favour, Solitude, Cheerful Disposition, Time & Presence
 - Group Case Study Discussion on the DVD "The Rewards of Rewarding"
- Acts of Service
 - Ways and Means of Doing Things for Others to express love
 - Group Case Study Discussion on the DVD "Now, That's Service!"
 - Physical Touch
 - Ways of connecting with others through Hi-Touch instead of Hi-Tech!