

## **Caring about the quality of your relationships.**

**Brenda Montani, MSC. RCC**



# **RELATIONSHIP TIPS AND TIDBITS**

## **A Rich Social Life**

Probably the biggest complaint I hear from single friends and clients, of all ages, is that it's hard to meet new people other than at the bars.

There is no doubt that this is a significant issue for single people but a little strategy and energy can be very helpful in changing this situation.

If meeting new people is a big issue for you is it because what you have been doing isn't working? Do you have a plan that includes meeting new people or are you running on auto pilot?

There are many things that would enhance your chances of meeting new people, remembering that the wider your circle of friends, of both sexes, the greater your chances of meeting the "right person." Also the more satisfied you are with who and what you are the more likely you are to attract other healthy, happy individuals.

What can you do to widen that circle? Plan, each semester, to involve yourself in something new.... A recreation program, a cooking class, language lessons, a course, a sport or activity, volunteer work ( even a day event connects you with others), Brainstorm with friends, colleagues and acquaintances for new ways of networking. Be curious and find out what they do that you've never thought of doing. Take risks with the unfamiliar.

Put it out there to your single and coupled friends that you would

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welcome opportunities to meet new people. Hold a fun event yourself ( dinner or activity) where you invite people who bring along another single person that you have never met before.

The point is to be active in your efforts to increase your circle of friends and acquaintances. Be creative in the ways you do this. Be aware of your personal rules that prevent you from taking these actions and that hold you back. Look at any aspects of networking and developing of friendships that make you feel uncomfortable and look for solutions to these. Finally have fun doing the work that's involved. Anyone ( married or single ) who thinks having relationships shouldn't require any effort are deluding themselves. There are times that it is easy but there are just as many times that it's hard work.

### **TIP**

Instead of a tip, this time, I'm going to invite all of you out there to share some interesting ideas for meeting people that have worked for you. I will post for these for all to see in the next newsletter. We all, single or coupled, desire, at times, to have more or new friends and need to have the skills to make this happen. Once we get new ideas all that's required is the energy and skills to make it happen . Help out each other by sending in your ideas.

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Brenda has practices in both Whistler and Kelowna that focus on developing strong, healthy relationships. Feel free to contact her when you're ready to make your relationships the best they can be. Brenda can be reached at 250-712-0359 in Kelowna and at 604-932-0939 in Whistler.