



TRACK 6: CORE COMPETENCIES NEXT STEPS

ELECTIVE: THRIVING THROUGH DIFFICULT RELATIONSHIPS by Robin LaGrow

Lesson 1: Defining Components of Difficult Relationships

1. Watch the video by Robin LaGrow entitled, "If Only I Had..."

Completed:

(continued on next page)

2. Write a one-page review of the content of lesson one and specifically how each component affected your overall outlook on difficult relationship.

3. List three ways you intend to better manage your response to difficulties in relationship.

When you've completed the assignment, save this PDF and email it to your coach.