



STABLE KERNEL

Trust Triangle

PROVOCATION 5



Alone

you go faster, together
we go further.

Relational intelligence
is our ability as humans
to connect with others
and establish trust.



Benevolence

You may recall from our Year of Values deep dive that emotional intelligence is the ability to identify, understand, and manage your own emotions and the emotions of others.

Increasing your emotional intelligence is the foundation for building relational intelligence.

Studies have proven the need to build essential skills such as relational intelligence in the workplace.



Because...

strong relationships lead to more meaningful discussions, more innovative solutions, and lead to better business outcomes.

The most effective thing we can do to increase our relational intelligence is to have ***genuine curiosity*** and ***deep listening*** in our interactions with others.

For practice with this, consider facilitating your next meeting with a check-in or warm-up question. This activity allows each member to share their unique perspective and build team connections.

[Click here](#) to find sample questions to use at your next meeting.