

Building Strong Relationships

Having a strong relationship with your remote learner will facilitate open lines of communication. While supporting your remote learner, consider using some of the following strategies:

Listen

Everyone wants to be heard. Practice Active Listening skills by observing the speaker's body language.

Try: Repeat what the speaker is saying in your own mind to ensure you are hearing what is being said.

Ask Questions

Asking the right questions is important. Use questioning to check for understanding.

Try: "What I am hearing you say is ____."

Remember

It makes people feel important when you remember specific details about their likes or dislikes.

Try: Keep a small portfolio of important information about significant people in your life.

Be Consistent

Inconsistency and mood swings can be upsetting to others, particularly when you are typically reliable.

Try: Explain why you are unable to be fully present or consistent, communication is key!

Share

Share experiences and emotions. Being open about emotions and feelings leads to a deeper relationship.

Try: Share experiences from your own life to relate to other's experiences.

Be Positive

Bringing positive, upbeat energy to any relationship creates a desirable atmosphere.

Try: Remind others why you are thankful for having them in your life.

