



PATH OF
PRINCIPLES

TAU





WELCOME

- Welcome to a session on relationships.
- Remember, we are working through seven competencies this year and they include:
 - Purpose.
 - Conflict.
 - Professionalism.
 - Integrity.
 - Communication.
 - Relationships.
 - Sig Tau.



VIDEO – EMPATHY & COMPASSION





TIPS

- Don't make it about you.
- Be sure to listen more than you talk.
- Ask them what their level of comfort in sharing is so that you don't push too hard.
- Try not to give advice unless it's asked for.
- Ask the person what you can do to follow up or be more supportive as they process.



WHAT TO SAY AND NOT TO SAY

- In group one, create a list of five things to say and five things not to say **when someone loses a parent.**
- In group two, create a list of five things to say and five things not to say when someone is going through **financial struggles as a student.**
- In group three, create a list of five things to say and five things not to say when someone goes through a **particularly bad breakup.**
- In group four, create a list of five things to say and five things not to say when your friend or brother gets a bad grade or **tough feedback on an assignment at their internship.**



DEBRIEF

- Was this easy or hard? Why?
- How do we show more compassion in our relationships?
- How do we build relationships with more vulnerability?
- How do we override the feeling we have to ignore or avoid some big problems or concerns our brothers have, especially when we don't know if we will say the right thing.
- How can we listen more and talk less?
- What are the best ways to check in with your friends or brothers after a compassionate conversation?



THANK YOU