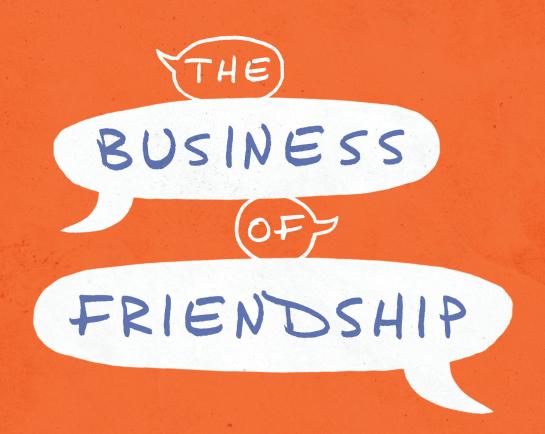
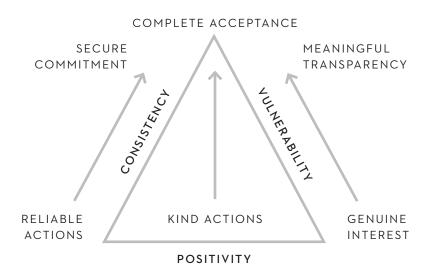
SHASTA NELSON



MAKING THE MOST OF OUR RELATIONSHIPS WHERE WE SPEND MOST OF OUR TIME

THE FIVE LEVELS OF RELATIONSHIP





Resources and Ideas for Friendships at Work

If we decrease loneliness in our workplaces, then we are essentially impacting the way we do health care, education, religion, politics, and technology. My hope for this book has always been more than me putting words on pages but rather that in reading this book we give ourselves permission to foster the friendships that will leave this world a better place. Below are some ideas and tools to take this from a book and into our lives:

#TheBusinessofFriendship Join the conversation, share your tips and stories, and encourage those around you to foster the friendships that will benefit their lives and their workplaces. And post a photo with your business friend adding #BizBuddies to affirm them and inspire others! (And I'm @ShastaMNeslon.)

Host a Book Club I've written two different book guides—one is for the traditional "meet once and discuss the book" format, and the other is a "let's meet four times and discuss the book while we build up our own friendships with each other" format. Both are available at www.thebusinessoffriendship.com.

Download a Worksheet There are several extra resources for you and your team at www.thebusinessoffriendship.com.

Book Shasta Nelson to keynote your next conference, train your employees on healthy friendships, facilitate an off-site meeting for your team, or consult with your organization on how to change culture. For more information and to contact her agent, go to: https://www.shastanelson.com/speaking.

Shasta Nelson is a leading expert on friendship and healthy relationships, creator of a global community, keynote speaker, author of several books, and popular media resource. www.ShastaNelson.com.

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