

HUMAN RELATIONSHIP TRAINING

18TH NATIONAL CONVENTION OF ARCH/DIOCESAN FINANCIAL ADMINISTRATORS OF THE PHILIPPINES (ADFAP)

“ARCH/DIOCESAN FINANCIAL ADMINISTRATION AND THE SACRAMENTAL BROTHERHOOD LIFESTYLE OF THE DIOCESAN PRIESTS IN THE PHILIPPINES”

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OUTLINE

I. INTRODUCTION

1. Acknowledgement of guests
2. Scope /process and limits of presentation
 - a. Participative/ use of some exercises
 - b. Points for consideration
 - a.1. based on experience: personally and by other people
 - a.2. borrowed thoughts and ideas of some authors/writers

EXERCISE 1: Think of the significant person(s) around you as you were growing up

1. From your earliest memories/ who comes to mind first?
2. What is so significant about this person in your life?
3. What were the early rules in relationship within and outside the family that you can recall? What values were attached to those rules?
4. Whatever influence(s) your chosen significant person(s) had then, are they operational in your life presently? Are the values attached to those early rules still valid in your present life?
5. This is our first training in human relationship.

II. To be Human: “capacity to enter into meaningful relationships”

1. Intimacy: one of the many stages in human development
2. Factors affecting what “meaning” we give to our relationships
 - a. One’s positioning: how do I see myself before the other
 - b. My perception of the “other”: how do I see the other person?
3. Impact of these “meanings” in the way, manner and depth of the relationship

III. Setting up “Boundaries” for Healthy Human relationships

1. Understanding “Boundaries”

2. Boundary Violations
3. Skills for setting up healthy boundaries

EXERCISE 2: Concrete Practical Application

1. How many and who are the people you are working with?
2. Is it “working with” or are they “working for” you?
3. What is the nature of the working relationships?
 - a. Environment?
 - b. What is the level/ depth of the relationship?
(“trabaho lang walang personalan?”)
 - c. Any spiritual component?
 - d. Any bonding/ staff development activity?

IV. CONCLUSION: Insights

1. We enter into relationships with what and who we are.
2. What and Who we are is a product of myriads of influences but our Christian faith tells us that at the core every person is made “in the image and likeness of God”
3. What is true with me is true with the other person.
4. Getting to know is an important component in all developing relationships.
5. Since we are all in the process of becoming, we can allow and tolerate some imperfections in any relationships.
6. It is important to set proper boundaries on a personal and work-related level.
7. Relationships comes with certain values:
 - a. Mutual respect
 - b. Growth –enhancing
 - c. Freedom
8. Developing Human Relationship skills is a day to day exercise.

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