



# **STEVE FRIEDLAND ASSOCIATES, INC.**

**NEXT LEVEL LEADERSHIP & ORGANIZATION DEVELOPMENT SOLUTIONS**  
**MANAGEMENT CONSULTING • KEYNOTES • EXECUTIVE COACHING • TRAINING**  
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## ***NEXT LEVEL INSTITUTE***

### **NEXT LEVEL RELATIONSHIPS: Healthy and Fulfilling Inside and Out**

Next Level Relationships (NLR) is a transformative professional and personal development program designed to help participants safely “go deeper” to explore, discover, and learn how to create healthier, more meaningful and fulfilling professional and personal “next level” relationships inside and out.

NLR is designed for participant’s to gain “next level” learning and development providing research studies, real world expertise, assessment tools, engaging and narratives, reflective activities, and experiential exercises. Diverse models, teachings, and practices are shared and drawn from various interdisciplinary fields.

*Core topics will include:*

- Defining “next level” relationships inside and out
- Anchoring and honoring one’s dignity and compassion
- Love 2.0--understanding the nature and spectrum of our ultimate emotion
- Boundaries—honoring, creating, managing, changing, and communicating
- Virtual relationships and social media tools—good, bad, and the ugly—you choose
- Creating focused, fun, and fulfilling “face time” with others
- Relationship “first aid” tips, tools, and resources

Next Level Relationships (NLR) can be customized and delivered as a half-day or full day program. Additionally, NLR can provide further support for individual needs through scheduled **T-sessions**® which are safe and confidential sessions to help a participant further identify, explore, address, strengthen, and integrate specific “next level” development needs and goals.