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Connect with others: Relate

Relating means more than talking and socializing. At its best, it involves understanding and empathy. Improving your relating skills can help you forge and maintain relationships with friends, family and colleagues.

This month, watch a video to help you relate to your significant other, listen to a podcast about relating to people who differ from you and read on for tips to help with getting in the back-to-school groove



What is your emotional quotient (EQ)?

Setting and maintaining boundaries with others can help you feel happier. It also supports your emotional well-being.

[Learn more](#)



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

[See upcoming webinars.](#)

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