

## RESOURCE 7

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# The foundations of great relationships

Relationship status sheet



available at  
**amazon**

and other book retailers



This resource accompanies  
Chapter 6 of ***Getting On:  
Making work work***



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# The foundations of great relationships

## Relationship status sheet

Use the table below to consider your key relationships at work and give them a Red, Amber or Green status according to how positive they are. Then consider why you have given them that status and what you could work on to improve the Red and Amber ones.

Person	Red/ Amber/ Green	Action to take

### NEXT STEP:

Download Resource 8 which accompanies **Chapter 7: Internal relationships**



[Download \(PDF\)](#)



### Why I wrote this book

Every day, I work with people to help them navigate the workplace challenges they face, be the best they can be at work and fulfil their career potential – so that work works for them. This book uses that experience to help you take your own steps towards career success.

*“We know that excelling on the job, doesn’t mean that a successful career will follow – but we don’t always understand why. In Getting On: Making work work, Joanna reminds us to be rigorous in our self-analysis and hone the skills we need to rev our career engine. It’s pragmatic, thought provoking and encourages self-reflection with valuable insights for everyone, no matter what stage your career.”*

**Unette Spencer,**

Chief of Staff to Executive Vice Chair, Mastercard



### About the Author



Joanna has spent more than 10 years working with individuals to help them understand how to blend their technical know-how with ‘softer’ skills to realise career success – either in their existing role, or when looking for new opportunities. Joanna also runs group sessions for organisations and is a regular speaker at events.

**To find out more about Joanna and her work:**

[www.insideoutimage.co.uk](http://www.insideoutimage.co.uk)

[www.gettingonatwork.co.uk](http://www.gettingonatwork.co.uk)

[www.linkedin.com/in/joannagaudoin](http://www.linkedin.com/in/joannagaudoin)

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