



# Attunement and Positive Responding

*Enhance your relationships by enhancing your conversations.*

## The Science and Theory



The quality of our conversations shapes the quality of our connections. How attuned we are to others' emotions and thoughts shapes how we respond. This ultimately determines how seen, heard, and affirmed we are to one another. This module, based on research on attunement and active-constructive responding, equips you with the conversational skills to strengthen your most important relationships.

## The Practice



In this session, you will learn:

- The science of uplifting conversations
- Approaches to attune yourself in interactions with others
- Ways to amplify positive emotions in close connections

## The Module



This 2-hour course introduces you to attunement and active-constructive responding.

- Part 1: Positive empathy in relationships
- Part 2: Attunement in conversations
- Part 3: Capitalizing and active-constructive responding

## Complementary Modules



This 2-hour module pairs well with:

- Module 4: Character Strengths
- Module 7: Mindfulness

## Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

## Contact Us



For more information on this course, or to engage one of our trainers for your session, email [teeyj@help.edu.my](mailto:teeyj@help.edu.my)

## Web and Resource Article



- [www.emotivity.my](http://www.emotivity.my)
- <https://emotivity.my/enrich-your-conversations-by-cultivating-attunement>

## References



- Brodkin, E., & Pallathra, A. (2021). *Missing each other: how to cultivate meaningful connections*. Hachette UK.
- Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2018). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. In *Relationships, well-being and behaviour* (pp. 144-182). Routledge.
- Gable, S. L., Gonzaga, G. C., & Strachman, A. (2006). Will you be there for me when things go right? Supportive responses to positive event disclosures. *Journal of Personality and Social Psychology*, 91(5), 904-917.