

Personal Relationships

Why are they so vital to us and our business life?

By Mikal Nielsen



To take your personal relationship to a new level of fulfillment is well worth the time and energy you spend on it. A more fulfilling relationship positively impacts every other aspect of our life, including work and business.

When we are not in an intimate relationship, we often crave one. When we are in an intimate relationship we often struggle and wonder if we would be better without or with another partner.

The relationships I'm talking about here are those with our life partner, whether called wife, husband, partner, significant other.

Why are these really close relationships so important to us, and yet so challenging to keep alive, vibrant and fulfilling long term?

Why the struggle

Why is it that something that is so exciting, beautiful and energy giving for the first few weeks or months, can turn into a downright nightmare ten, twenty, thirty years later, AND go through any conceivable emotions along the way?

The good news is: Relationships bring out the best in us!

The good news is: Relationships bring out the worst in us!

Yes, you read it correctly. They are

deeper and more hidden parts of our limitations and fears and therefore allows us to deal with it.

I have studied relationships for over two decades, and find it fascinating and inspiring.

Being in a 17 year relationship with my wife, there has been plenty of ups and downs and moments of wanting to run away. However, through a strong commitment, openness and willingness to learn, our relationship has continuously grown. Year after year it is taking us to new levels of depth, fulfillment and growth.



It's truly amazing what is available in relationships. It is an incredible "play ground" for growth and the potential is phenomenal.

What's the trick

So what's the key? Well, I don't think there is one, but many different keys, each unlocking different things at different times in different situations.

I would like to share three keys with you that I believe are vitally important. Used properly, they can take your relationship to new levels

Why are intimate relationships so important to us?

Why are intimate relationships so tricky to keep alive long term?

How come our long term intimate partner can drive us to both insanity and bliss?

And how important are our intimate relationships to our business life?

of fulfillment and heights you may have only dreamed of.

Key One: STOP waiting for your partner to change!

Why? Because you could be waiting forever! Or if he or she changes, it may not be into something that suits you.

Many of us make the mistake of thinking that if our partner would sort out their problems and change, then our relationship would be great. I'm sorry - it doesn't work that way.

Key Two: STOP trying to change your partner!

Why? Because you can't! For those of you who have been in a relationship long enough know that to be true.

And even if your partner does change to your requirements, it seldom works for long as it tends to build resentment. And let's face it, after they have changed one 'bad' behavior, you will find something else that you think they should change in order to make your life easier. And on it goes!

The moral of Key One and Two is: If you want positive change YOU have to create it.

Take responsibility for your relationship (and life), because if you leave it to others, it is unlikely that you will have the relationship (and life) you want.

both good news. Why? Because our relationship is possibly the most profound place for personal development. It brings out the

When YOU take responsibility for YOUR relationship, it can really start to move on. And believe me, it can move on big time. Start looking at yourself. Look at the limitations and fears you bring to the relationship as well as the love and excitement you bring to the table. Work on yourself. Increase the good in you, build on your strengths and work on reducing or eliminating that which limits YOU from playing 'the game' fully.

Masculine vs Feminine

Key Three: Make a effort to understand and then ACCEPT the enormously huge difference between the masculine and feminine. This is truly amazing stuff.

My experience is that most people have very little understanding of this, let alone the ability to accept it and work with it.

And yes, neither did I back in time. Nor is it likely that I will ever fully understand my wife.

However, my increasing awareness of "her way" and "my way" allows me to build a bridge over the abyss between the feminine and

masculine and thus creating a meeting place.

This is a beautiful place where the masculine and the feminine can meet in the magic of the opposite. When the masculine and the feminine energy meets full on - sparks are flying and there is an incredible aliveness.

This feeling of pure energy and power will then start to spread into other areas of our lives, including business.

Some very progressive companies



realise this and offer relationship support to their employees. They know the value of it.

In my mentoring programmes for

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business people and entrepreneurs, the need for a fulfilling relationship invariable comes up sooner or later. This allows me to assist them in moving their relationship to the next level.

In some cases, this leads the client to want to include their partner in the mentoring sessions, which is fantastic - especially if the partner is up for it. Because of this, I

offer what is very unique to the business world of NZ:

Relationship Coaching.

These are coaching/mentoring programmes specifically designed to support couples in taking their relationship to a whole new level of fulfillment.

Solution in a nutshell

It IS possible to continuously move our relationship further and further. By just paying attention to the three keys mentioned in this article you

are setting a healthy foundation to move yourself and your relationship to a new and more fulfilling level.

Remember the keys:

- ◆ Stop waiting for your partner to change!
- ◆ Stop trying to change your partner
- ◆ Embark on the fantastic journey of understanding and embracing the difference between the masculine and feminine.

The conclusion of all this: Take

responsibility for your relationship (and life). Because if you leave it to others, it is unlikely that you will have the life you truly want. ◆

Recommended Reading

There are lots of books addressing the issue of relationships. My favourite author is David Deida and my favourite book of his is "The way of the superior man". This is written by a man for men, but I am finding that women get a lot from it too. He has also written books specifically for women. I find his insights profound and his delivery direct and refreshing.

***Mikal is a professional coach and mentor for business people and entrepreneurs. If you would like a free and no obligation meeting to discuss your situation and needs, please contact Mikal.
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Relationship Coaching vs Relationship Counseling

I would like to share my view on the following terms:

Relationship Counseling

Relationship Therapy

Relationship Coaching

Relationship Mentoring

What's the difference? To me there is a big difference. Of course, we can put any interpretations that we like on these words. Here are mine: Counseling and Therapy is where we go to fix problems (like going to

the doctor if we are sick). I do not offer Relationship Counseling or Therapy.

Coaching and Mentoring is where we go because we want to move forward, not because there is something 'broken', but simply because we desire to do and be the best we can. This is what I offer for relationships as well as in business. I would also like to clarify what I mean by the terms Coaching and Mentoring, as I wear both those 'hats'.

To me, a coach is a person who gets others to perform at their best at whatever the topic is (sport, business, relationship, etc.).

A coach does not need to be a master or specialist in that which he or she coaches, but needs to be good at coaching.

On the other hand, a mentor is a person who has 'been there, done that', and therefore can show others the path to walk because he or she has already walked the path. My work is a combination of the two.