

## WORKPLACE WISDOM NEWSLETTER

### THE FINE ART OF FRIENDSHIP

Some of us are comfortable with many, many friends.

And, some of us are comfortable with several intimate friends.

However, few people in this world NEVER have a friend.

The other day, because I had received some very upsetting news, I needed a friend. I needed to talk. Over the course of the next week, my mind wandered to the magnificent place that friends play in our lives. So, read along with me on this reflection, because you, too, will need a friend -- today or tomorrow. It may also remind you that it takes effort to BE a friend.

What is a friend? What separates friends from acquaintances?

A friend...

- Is trustworthy
- Listens without speaking too quickly
- Honors my feelings
- Is honest when responding
- Seeks my best interest
- Follows up
- "Stays the course" through difficult times - reliant

**Friends play a different role than mere acquaintances.**

Acquaintances don't invest in us. Acquaintances are only a "little" interested.

**How valuable are your friends?**

**Friends are invaluable! A friend's worth is immeasurable.**

**True friendship has been compared to "finding gold".**

*(Elizabeth Edwards is currently touring the country sharing her experiences in her new book, Saving Graces. It is her personal memoir of how various individuals have lovingly provided steady strength and quiet hope in darker times.)*

## How do I build long, lasting friendships?

### THE FASTEST WAY TO EXPERIENCE A FRIEND IS TO BE A FRIEND.

- Show kindness and compassion.
- Demonstrate empathy - true empathy.
- Stick with friends who are having a tough time.
- Listen. Listen a lot.
- Bring joy - and good news.
- Laugh with them.
- Cry with them.
- HELP them. Provide real help - in a practical way.
- Pay the price: your time, your emotions, and your talents

**Our lives spin very, very fast.**  
**The calendar moves rapidly from month to month.**  
**One deadline follows another.**  
**Endless "tasks" fill our week.**  
**Some things simply don't get done.**

**There are many things we will regret NOT DOING in our life.**

**I have a feeling that ONE THING I WILL SINCERELY REGRET is  
*not taking enough time to slow down and be a quality friend.***

**According to Stephen Covey, "The highest level of maturity is not  
*independence...but interdependence*. We operate at the highest level of  
effectiveness when we realize we need one another...and build on one  
another's strengths.**

**So, whether you have many friends or a few intimate friends,**

**I encourage you to continually develop...**

## **The Fine Art of Friendship**

**And ENJOY the rich rewards friends bring to our lives.**

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