

7 Things Couples in Business can do to improve their Personal Relationship

Running a business with our partner can be extremely stressful. The business can impact our personal relationships and bulldoze its way through every area of our lives. Here are some helpful tips on how couples can improve their personal relationships while managing the stresses of running a business together.

1) Switch off the Business

If just for a few hours, take some time to switch off the business phone and business talk and focus on each other. Talk about things you did together before the business came along. Find something in common you can both share that does not include anything to do with the business you are in together.

2) Take a 'Business Lunch' together where you talk about ONLY Visions for the future.

Plan your lunch maybe for a Friday afternoon and take an extended lunch together where you both talk about the Visions, Goals and Objectives you want to achieve together in the coming 12 months. Write notes and have these typed into an Action Plan or Vision Statement that you can work towards together. Pin it to the Fridge at home and look at it together regularly discussing how you with both achieve these things together. A shared vision or plan is a great way to increase commitment back into the relationship.

3) Write down 3 things that you would like to get AND 3 things you will give back into the relationship

There are many different ways in which we give and receive support to our Spouse. Sometimes when we rely on each other for support, we have not clearly spoken about what type of support we are actually seeking. Often you may just need the other person to listen and not comment, or you may need a physical hand with putting things in their right place. Unless we communicate these needs clearly and articulately, we often get the helping hand we don't want or the friendly ear that is of no use.

When we are in a partnership it is important that we also recognise what we can contribute to the other person's needs. By giving back, the increase in co-operation will magnify. Mutually beneficial reciprocation builds appreciation from both ends and the result is a gratefulness that shows the full force of the love 2 people can share when they work together

4) Show Appreciation

Being grateful for the support and assistance of our Spouse is too often taken for granted. Without the other person, there is no one to share that load. It may not even be a physical workload, but also an emotional load.

You both may have different areas of responsibility, so often it can be difficult to see equality, some feeling they do MORE than the other person. Balance out the roles and responsibilities so that you are both clear on where each person contributes to the workload. When that is defined, support and encourage the other person's efforts. A simple "Thanks" can make a huge difference in your relationship

5) Give and Receive Respect

When you have respect from both people, the relationship flourishes. While a "thank you" may be great, if the other person has lost respect for you, or vice versa, then there are deeper and more dangerous issues that can arise in any marriage. Respect is something that comes from the core of our values as human beings, and it is seen as a way to look up to or revere someone. Centring around principles of integrity, trust, honesty and other moral compass indicators, it can be subtle enough to go un-noticed unless we actively work towards making this habitual inside the relationship touch-points.

Work together to build respect by discussing core integrity values within each other. Understand each other's decision making process and align that with the Visions and Goals you have agreed upon together.

6) Remain in Balance

Work together to ease the stress and the load. When one is down, let the other carry them through, then change over. If one person is doing all the work, all of the time, there is no balance. If one person is carrying all the stress while the other is care free,

there is no balance. If there is always WORK and no PLAY there is no balance. If every conversation is serious and nothing is FUN, there is no balance.

Providing balance for yourself and your partner is a great way to help each other and increase closeness. Build a friendship within the relationship whereby the conversation is not always One-Sided. Share both ups and downs, ins and outs, fears and successes. When one is angry the other needs to remain calm. Whatever the situation - Stay in Balance.

7) Grow Together

There is nothing worse in a relationship where one person is growing and the other is not. Eventually, the person who is growing, learning, changing and adapting to the new and evolving world, will look up one day and have walked so far from the other person's last known point, they do not recognise them anymore. Being teachable is something that happens in the heart, people have to want to learn.

Even the tiniest shift in viewpoint, of even 1 degree on a compass, can lead 2 people in totally separate directions and pathways. So much so, that by the time they are 100's of kilometres away, they may as well be on different continents. If both can remain open and teachable, learning life lessons and taking their journeys side by side and growing together, then they will remain close for a lifetime.

To find out more on successful couples in business by taking our quick Survey to see if the business is affecting your relationship

<https://www.effectivesolutions.com.au/survey-for-couples>