

Communication for Couples

West Leederville

When couples encounter difficulty in their relationships they often cite communication issues as the main challenge. Research has shown that sometimes even with the best of intentions, just talking about your relationship doesn't bring you together and can even drive you apart. A good relationship is not so much about communication, it's about connection. This course is for couples who want to understand how communication can help a relationship or get in the way. It also explores ways of building and maintaining connection that contribute to relationship satisfaction.

This workshop will discuss:

- The influence of our family of origin on our patterns of connection
- How to work with physiological "auto-pilot" reactions and deal with the sensitivity that gets in the way of connecting with our partner
- The impact of perceptions on relationships
- Using empathy and validation
- Handling emotions
- Managing, accepting and appreciating differences
- Using and relating to conflict in the best interest of the relationship
- The importance of touch to connection

This weekend course is ideal for those living in a FIFO relationship or who live in the country.

When: 25, 26 and 27 November 2022

Time: Friday 6.30pm-9.00pm
Saturday 1.00pm-5.30pm
Sunday 10.00am-1.00pm

Where: WEST LEEDERVILLE - Level 1, 22 Southport St

Cost: \$160 per couple

Bookings are required. Please phone 6164 0200 or visit our website to enrol.

For information about our courses and workshops, please call 6164 0200 or visit www.relationshipswa.org.au

Relationships Australia
WESTERN AUSTRALIA