

Communication for Couples

Whatever the state of your relationship, there is always room for improved communication. The health and strength of a relationship depends on the ability to communicate effectively. This ability, added to a willingness to work through challenges and pressures, leads to growth both as an individual and as a partner. This course is for couples who want to find out how to communicate in a way that creates safety in their relationship so that they can maintain their feelings of love and connection, whilst working through differences.

This workshop will discuss:

- The influence of our family of origin on our communication patterns
- How to override physiological “auto-pilot” reactions and remove negativity from our communication with our partner
- Understanding anger and expressing it responsibly
- Speaking up and expressing wants and needs respectfully
- Real listening
- Managing, accepting and appreciating differences
- Using and relating to conflict in the best interest of the relationship

This weekend course is ideal for those living in a FIFO relationship or who live in the country and are unable to attend the 8 week Building Better Relationship course.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: 19, 20, 21 February 2021

Time: Friday 6.30pm - 9.00pm, Saturday 1.00pm - 5.30pm
Sunday 10am - 1pm

Cost: \$160 per couple

Bookings are required. Please phone 6164 0200 to enrol

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au