

TAKE YOUR RELATIONSHIP TO THE NEXT LEVEL

WHAT'S IN IT FOR ME WHY SHOULD I TAKE THIS PROGRAM

- Get to know your partner better, WHO AM I love languages
- Find your unique contribution to your relationship
- Learn how to communicate better with your partner
- Apply the WHO ARE WE instrument to your relationship
- Learn how to say I am sorry and how to forgive
- Describe how your occupation and work condition affects your relationship
- Build traditions and revive to thrive
- Use this course as a date with your significant other

LEARNING OUTCOMES TAKING YOUR RELATIONSHIP TO THE NEXT LEVEL

Competency 1 Participate in an ice-breaker with other course participants (Live course only)

Competency 2 Describe what your needs are and how you contribute to the relationship

Competency 3 Practise communication strategies (an introduction)

Competency 4 Interpret and apply the WHO ARE WE instrument to your relationship

Competency 5 Describe the role of sex and intimacy in a marriage

Competency 6 List the 4 horses of the relationship apocalypse and their antidotes

Competency 7 Demonstrate forgiveness in your relationship

Competency 8 Describe the effects of a high stress job on a relationship

Competency 9 Describe the effects of shift work or being away from home for long periods of time

Competency 10 Describe the impact of children on a relationship and strategies to maintain a satisfying relationship within a family context

Competency 11 Describe how you can structure your time to thrive in your relationship (includes the importance of traditions)

Competency 12 Describe how you can reconnect after a "fight"