

COUPLES COMMUNICATION

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

- Learn how to listen to your partner
- Resolve conflicts respectfully
- Get a deck of IN TO ME SEE cards and a manual
- Apply the principles of taking a time out
- Use technology to enhance not destroy your relationship

LEARNING OUTCOMES COUPLES COMMUNICATION

Competency 1 Define communication, challenges and barriers

Competency 2 Describe the consequences of poor communication in relationship

Competency 3 Use the speaking and listening wheels to resolve conflicts

Competency 4 Use empathic listening to connect with your partner

Competency 5 Use the talking stick to resolve challenging situations

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

Competency 7 Describe when and how to use technology to communicate with your spouse