

## **COUPLES BODY LANGUAGE**

### **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 BODY LANGUAGE**

Competency 1 Describe the Needs of Human beings, males and females

Competency 2 Discuss the value of being able to interpret body language

Competency 3 Describe how to use body language to connect with your partner

Competency 4 Recognize the 7 universal facial expressions of emotion

Competency 5 Recognize personal emotional states using equine therapists (2 day program only)

Competency 6 Describe the importance of portraying confidence and likeability to your partner

Competency 7 Describe the importance of using body language in a conflict (4 horses of apocalypse)

Competency 8 Develop trustworthiness with your partner

Competency 9 Demonstrate effective two-way communication in intimate relationships

Competency 10 Describe how you structure the interior of your house contributes to relationship satisfaction

Competency 11 Implement the results of WHO ARE WE into your relationship (2 day program only)

Competency 12 Discuss the impact of technology on relationships, how to use technology to strengthen your relationship