

# Relationships Australia

## VICTORIA

## Good Connecting

For couples wanting to know the secrets and skills for managing a successful relationship.

### The program

This intensive weekend workshop is based on the latest research in what makes relationships succeed and fail. You will have the opportunity to review your relationship and extend and deepen it, or, if needed, start doing some major repairs.

### The process

Couples work together privately, learning and experimenting with new ideas and behaviours, after these have been presented and discussed in the main group. There is no compulsion to share personal issues. A follow up evening will be held to reinforce changes begun in the workshop.

### The outcomes

- Understand what makes people experts, in the art of intimate relating
- Understand how relationships disintegrate – even when you don't expect it
- Know how to strengthen your love and admiration for each other
- See clearly how your way of dealing with conflict may make it worse
- Have a better way of dealing with unsolved problems
- Have more strategies for heading off fights
- Know how to manage strong emotions more effectively
- Be more aware of your preferred "language of love".

**When:** Saturday 6 and 13  
November

**Time:** 10am – 4pm

**Where:** Relationships Australia Victoria  
Level 1, 4 Devonshire Road  
Sunshine, Vic 3020

**Cost:** \$200 per couple (inc. GST)  
\$100 deposit required

**Contact:** 8311 9222 for further information  
and registrations