

Relationships Australia

VICTORIA

Good Connecting

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

The program

This intensive 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 (in private), learning and experimenting with new ideas and behaviours that have been presented and discussed in the workshop. There is no compulsion to share personal issues with everyone.

The follow-up evening will reinforce changes commenced in the workshop.

The Outcomes

- Understand what makes people good at 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
- Find better ways 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".

Note: the workshop runs all day, over two consecutive Saturdays. There are a number of dates throughout the year.

When: *Saturday March 6 & 13*
Saturday May 29 & June 5
Saturday August 21 & 28
Saturday November 6 & 13

Time: *9.30am – 4pm*

Where: *Relationships Australia*
46 Princess Street Kew 3101

Cost: *\$550 per couple (inc. GST)*
includes breakfast, lunch and refreshments
\$275 deposit required

Contact: *9261 8709 for further information and registrations*