

BUILDING THRIVING RELATIONSHIPS

Six Meetings Online Growth Program

Build truly fulfilling relationships for yourself

- I'd love to improve my relationship with him/her/them!
- I'd like to feel more fulfilled and free in my relationships.
- Am I living repetitive patterns in my relationships?
- Why is it that I tend to give too much to others and forget myself?
- ...



Is any of this speaking to you? Are you interested in exploring and improving your relational life? Then join us!

In this program, we will cover the following subjects:

- The different "places of contact" within us (from where in me do I actually interact with others)
- What attracts me and what becomes alive in me in my relationships
- What I receive and what I contribute
- Review of how satisfied I am in my relationships and what are the possible difficulties I encounter
- My normal needs and my deficiency needs in my relationships
- The history of my relationships and what I can learn from it
- The various ways I protect myself in my relationships; what are the triggers and the possible impacts on my relationships
- My ways to move forward in my relationships and my practical plan

Program scheme: 6 meetings of 2 hours each.

Where: online

Price: \$75 per session or \$430 if you pay upfront for the 6 meetings (a saving of \$20)- *A deposit of \$50 is required to secure a place in this growth program.*

Suggested dates (TBC): Mondays 10 Jan 2022, 7 Feb, 7 Mar, 4 April, 2 May, 6 June. The meetings will be from 7.45pm to 9.45pm.