

Getting a Grip on Communication for Couples



iosis
transforming
family life for good

This is a group course for couples wanting to develop communication skills for healthy, happy relationships with each other and their whanau.

www.iosis.org.nz

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About Getting a Grip on Communication for Couples

A course that teaches Nonviolent Communication. How to live a more empathic life caring for the people around us and ourselves. Specific to communicating with a primary partner. Both people in partnership must attend. Each week, each couple will be given a communication strategy to practice, that will build to a clearer more supportive and compassionate relationship. Each two hour session will consist of one hour of theory and one hour of practice. This is to build understanding and confidence to use what is taught.

- Learn how to respond rather than react in stressful situations
 - Feelings are okay and indicate a precious need/value longing to be met
 - How to be more compassionate within our relationship
 - How to be more self empowered in challenging situations.
- With partners
- Learn a way of communicating that values all who are involved
 - Increased self awareness
 - How to learn from mistakes and take risks. (This promotes a safe and supportive place to learn and practice)
 - Participants have a sense of their own self worth and come to their relationship from a place of fullness
 - How to empathise with others and our partner
 - Create a safe space for everyone to learn and grow.

Who is this course for?

- Couples where both partners are committed to learning healthy, effective communication

Cost and Length of Programme

Free programme, once a week for 7 weeks

When

Term 4 2021 Dates - Sessions will be online
Mondays, 12:30pm – 2:30pm
Starts: 1st November 2021
Ends: 13th December 2021