

A1 Relationships

Most of us wish to have safe and trusting relationships with partners, family members, friends and colleagues. Unfortunately, few of us grow up in families where the skills required to achieve such relationships have been demonstrated in a consistent and sustained way. So, as adults, it can be hard to achieve what we want without some form of education.

This two-part 4 hour workshop offers practical and valuable information about how to have successful relationships and to deal with and resolve conflict in a mutually satisfying and respectful way.

In Part 1 people attending will be shown:

- A. basic steps to build and sustain true emotional intimacy and
- B. two common traps that can undermine and eventually destroy the feelings of trust and connection to other people.

Part 2 will focus on conflict resolution using a tried and tested format that allows each person:

- A. to have their say in a way that is fully supported by their partner so that both feel heard and understood and
- B. to accept differences of opinion and beliefs respectfully without resorting to negative feelings and alienation from each other.

Time: 9.30am – 2.00pm (including ½ hour tea break)

Dates: Sunday mornings commencing 14th December 2014

Venue: Norfolk Street Counselling, 1F Norfolk St, Fremantle

Cost: \$99.00 (Incl. GST)

Maximum Number: 10 participants

Facilitator: Jonathan Kester, LCST, MAASH, MPACAWA, MPACFA., is a senior counsellor and psychotherapist who has been working as a therapist for over 40 years. His initial career as a speech pathologist has provided a solid foundation for his work counselling individuals and couples in communication skills. He subsequently trained in Gestalt Therapy and the Hakomi method of psychotherapy. He is married and has a son, three step children and three young grandchildren

For bookings and further information:



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