



Growing as a Couple

Keys for a lasting and loving relationship

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Gain a more accurate and deeper understanding of what you experience in your couple relationship.
- Explore the foundations of your couple relationship.
- Take a fresh look at what unites you to the other and at the conditions for a lasting future together, in spite of the difficulties to overcome and the misunderstandings to clarify.
- It is not a matter of receiving “good advice” about life as a couple. It concerns your future together: What is it? How to succeed?

WORKSHOP OUTLINE

- *Part 1 – My experience in our relationship*
 - The quality of our communication
 - The foundations of our relationship
 - Aspirations, needs and life as a couple
 - Looking at our future as a couple
- *Part 2 – Challenges to overcome*
 - Exaggerated reactions that interfere with the relationship
- *Part 3 – How to deepen our commitment to our life as a couple*
 - The key-points of love
 - Attitudes for progressing
- *Action plan and final inventory*

APPROACH USED IN THE WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by sharing in the group, without entering into discussion. In order to deepen the participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

The workshop is open to persons living as a couple (married or not) regardless of their age or the stage of their relationship. It is not meant for persons who come alone. It is not required that you have previously taken another PRH workshop. The workshop is not recommended for psychologically vulnerable individuals or for individuals in therapy unless they receive approval from their therapist.