

## **HEALTHY RELATIONSHIPS**

This 10 week program is designed to help people understand how to build positive, healthy relationships in their life.

**Session 1 – It starts with us.** The importance of self-awareness and commitment to self-development. The golden rule – Do to others as you would have them do to you. Relationships are a co-creation of 2 or more entities, you only have power over one of those entities – you!



**Session 2 – Expectations.** What are your expectations, do they match with what the other person expects? How do we find out? What is realistic? What do we do when the expectations don't match up? What do I need from a friend, student, teacher, parent? How do I communicate that?

**Session 3 – The Task vs Relationship Dilemma.** Sometimes we need to get stuff done, other times we want to build relationship with others. What should be prioritised? How do you manage relationships and tasks? How about those around you? What does putting the relationship first look like?

**Session 4 – Genuine Contact.** Often we connect with people based on a projected image of ourselves. What would it take to connect with someone based on our true self? What could happen if we did that? The horses live in the space of genuine contact and are good role models for us to observe and practice with.

**Session 5 – Contact Styles.** Ways we make contact that may or may not be genuine. What is the Pride/Shame continuum and where do I fit? How does that affect my relationships? What is humility really? How can I change if I want to?

**Session 6 – The Trust Account.** There are things we can do to build or break trust in a relationship. What are they? Learn what we can do when we break the bank. What happens when the trust account is healthy?

**Session 7 – Conflict Resolution.** Which one of the 5 conflict resolution styles do you currently experience in your relationships? The Avoiding Style, Competing Style, Accommodating Style, Compromising Style, or the Collaborating Style? How can you move towards a collaborating style?

**Session 8 – Effective Communication.** What is the process your message goes through to get to the other person? What gets in the way of effective communication? What can we do to give our message the best possible chance of getting through and being effective?

**Session 9 – Listening.** How can we make sure we heard the other person correctly? What is the difference between active and passive listening? How do we listen with our whole self? How to give feedback to the speaker.

**Session 10 – Celebration.** It is important to honour and celebrate others and your relationships. What happens when we don't honour and celebrate one another? What are different ways we can celebrate and honour each other?

Aligned Living Program Information Sheet – For questions or bookings contact Joy on 0439 985 017 or email: [alignedliving@live.com.au](mailto:alignedliving@live.com.au)