



NAVIGATING RELATIONSHIPS

As human beings we are hardwired to be involved in relationships. It is rare that we challenge ourselves to fully see our relationships from a greater perspective. Everybody wants the perfect relationship; however, this does not come easily. This workshop will give you the valuable tools necessary to create and maintain positive relationships. We have created a safe, interactive, exciting environment for you to gain valuable information and skills that will help you navigate all aspects of the relationships in your life.

THIS ENGAGING 5 DAY WORKSHOP WILL GIVE YOU THE OPPORTUNITY TO LEARN THE FOLLOWING:

- ♥ Build your own family tree
- ♥ Learn your unique personality type
- ♥ Effective communication within relationships
- ♥ Speak the language of validation
- ♥ Self-regulation
- ♥ Virtues, emotions and values
- ♥ Healthy boundaries within relationships
- ♥ Assertive communication techniques
- ♥ The art of the apology
- ♥ How to speak so people want to listen
- ♥ Worry warriors
- ♥ Active listening how to's
- ♥ Defining relationships
- ♥ Conflict resolution skills
- ♥ Perceptions vs. reality
- ♥ The 5 agreements
- ♥ The 7 Grandfather Teachings
- ♥ Forgiveness
- ♥ Jealousy and envy
- ♥ Traditional vs. modern relationships
- ♥ Learn heart breathing and body scan techniques
- ♥ 6 Pillars of self-esteem
- ♥ Make your own relationship vision board
- ♥ Personal Positivity Poster creation



www.sbegroup.ca
info@sbegroup.ca

Main c: 807-632-6006
Alberta c: 403-768-1445