

real consulting

PRESENTS

COUPLES (BEING CANDID)

A WORKSHOP IN EFFECTIVE COMMUNICATION & RESOLVING CONFLICT



This 4 week workshop explores the complex dynamics of couples in both the dating and marital relationship. Staying connected, resolving conflict, and communicating effectively will be thoroughly covered. Learning to relate, particularly in the area of intimacy, and demonstrating strength and loving kindness in times of peril, requires specific tools in the fascinating “marriage dance”. Understanding boundaries, and exploring the core/extended family relationship – embracing the joys as well as grief in marriage is paramount in becoming skilled as a marriage partner.

- **Workshop 1 – Just Talking – Being Candid**
- **Workshop 2 – Listening is an Art**
- **Workshop 3 – Broken Hearts – Resolving the Unresolved**
- **Workshop 4 – Resiliency & Forgiveness**

Do have an Employment Assistance Program (EAP)? Please inquire.

Location: real consulting office (owned and operated in High River since 2002).

Facilitator: Kim Muscroft-McDonnel, B.A. Com. Ed., R.F.M., C.C.P., Family & Divorce Specialty

**All sessions will be tailored to specifically address individual needs.
For more information please call Kim at 403-601-3088 or 403-601-5183.**

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Family & Business Counselling, Coaching, & Mediation Services

Kim Muscroft-McDonnel B.A. Com. Ed., R.F.M., C.C.P., Family and Divorce Specialty

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