



Relationship Skills Workshop

Get the skills you need to build the relationships you want

In this workshop you will:

- Learn the essentials of building a healthy relationship
- Learn the 4 communication stances used in all relationships
- Recognize how our parents relationships' affect all our other relationships
- See patterns from your previous relationships using the IMAGO template
- Learn the art of effective 'congruent' communication

These skills will greatly enhance all of your relationships: at home, at work, with your partner, in your family of origin and with your friends.

LEARN THESE GREAT SKILLS AND BE MORE CONGRUENT IN YOUR LIFE NOW!

Date: Saturday November 2, 2013 or Sunday November 10th, 2013
(2 dates to choose from)

Cost: \$45 (inc.hst)

Bring a friend, and you each pay \$40 (inc.hst)
Juices and snacks included

Time: 10.00 am - 2.30 pm

Where: Life Tree Chiropractic,
248 Steeles Ave W #6,

Vaughan (Thornhill), ON L4J 1A1

(in the McDonalds and Toys R Us Plaza)

Intersection: Hilda & Steeles

To register, please sign up at <http://www.globalvisionscoaching.com/calendar.html> or call Nidhi at 416.830.5285 or sign up at Life Tree Chiropractic.



About the facilitator:

Nidhi Gupta is a certified Life Coach, registered Psychotherapist and a Couples and Family Therapist. Her approach to her work is purely holistic, embodying mind, spirit, soul and body. She radiates a fierce love and creative joy when working with her clients, so they gain insight and wisdom in order to manifest real-life change.

