



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!

Cost: \$55 (inc.hst) for a 4.5 hour group workshop.

(Free 45-minute coaching session after the workshop with certified Life Coach, Nidhi, for new clients. Value is \$85).

Bring a friend, and you each pay \$50 (inc.hst)

Extras: Snacks and juices will be available for hydration and energy.

Date: Sunday, October 19th, 2014

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

About the facilitator:

Nidhi Gupta is a registered Psychotherapist, Couples and Family Therapist & a certified senior Life Coach. Her approach to her work is purely holistic, embodying the whole self: mind, body, heart & spirit. She specializes in Inner Bonding Therapy, which focuses on the self, self-esteem, self-respect, self-awareness and self-love, and is done through working with the three ego aspects: the inner child, the inner parent and the adult.

