

Communication Training for Couples

„At the heart of all
anger,
disappointment or
criticism is a need
that is not being met.“
M. Rosenberg



1-day training:
15.06.2024 / 09.11.2024 (DE)
29.06.2024 / 23.11.2024 (EN)
Place: Schwabing, München
Time: 10.00 - 18.00 Uhr

A **fulfilling relationship** is one of the most important factors for happiness. But all too often misunderstandings, conflicts and unresolved issues can put a strain on the bond between partners.

**We can train to improve the communication
and thus the connection!**

In this 1-day training, you will learn practical tools and exercises that promote an **understanding and respectful relationship**. Based on the ground-breaking ideas of Marshall B. Rosenberg, **non-violent communication**, you will learn the following:

- Constructively expressing what is **important** to you
- Listening and **understanding** what you and others **need**
- Promoting a **positive atmosphere** in the relationship
- Increasing the **chances** of getting what you want
- Speaking **honestly without hurting**

Welcome!

Leader: Lisa Svensson,
Therapist with many years of
experience in group leadership,
psychotherapy and coaching
with individuals and couples
(DE, EN)

www.coaching-therapie-muenchen.de



Procedure of the 1-day training course:

A group of up to 6 couples come together to learn the theory of the method. The couples then practise individually with my professional support. **A creative, inspiring and safe learning environment** is created in which you can practise with your current issues without having to share them with the group.

More info



svensson
coaching & therapie



Svensson Coaching & Therapy,
Practice at the Münchener Freiheit
priv. health insurances and self-payers

