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

Welcome!

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

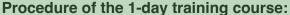
www.coaching-therapie-muenchen.de

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



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.





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







