

"The quality of your life is the quality of your relationships" - Anthony Robbins

Essential Relationship Skills Coaching

TRAINING in the **Essential Relationship Skills** is important and consists of practical and useful information and solutions. It addresses key issues that can arise and cause damage in any relationship, and helps to safeguard and enhance important relationships.

Essential Relationship Skills training was held in a group setting for several years, but it is now only being done as **tailor-made coaching** for **couples** or **individuals** (in a series of sessions) which focuses on their *specific issues and needs*. Skype or phone can also be used. It often involves some relevant homework and/or applications.

There is no pre-requisite required other than a desire or need to enhance your relationship skills and a commitment and intention to accomplish that.

This training and coaching is for individuals also and is not limited to or designed only for couples, lovers or partners. These relationship skills are critical for close relationships such as marriages or couples but are also very useful for **enhancing, maintaining or healing ANY type of relationship**, such as with a partner, friends, relatives, work colleagues, business partners, team mates, neighbours, etc. Learning these skills also **prepares us for future relationships** (so we don't allow history to repeat itself).

It took many years to gather, learn, piece together and integrate the set of skills needed to effectively resolve relationship issues and to safeguard important relationships. Peter does **relationship coaching** with couples or individuals teaching these vital skills and principles and personally coaching those concerned to use them on their respective issues. In some instances, it may be preferable for some couples to do some individual learning (before coaching them together), as it can be a lot easier to make progress (as the focus is less on learning and more on applications).

For couples/partners, it is *ideal* that both learn the essential skills and agree to use them, but that is not always possible. It can still make a BIG difference even if only one partner learns some of these skills initially.

Who would benefit from this coaching?

- ✓ Any individual who wants to improve his/her important relationships,
- ✓ Any person or couple who wants to prepare themselves for having a successful and lasting relationship,
- ✓ Members of a team who want their team to work closely together and effectively resolve issues when they occur,
- ✓ A person or couple who is/are having (serious or minor) relationship problems and wants to resolve these issues,
- ✓ Anyone in a troubled relationship but who doesn't know where or how to start sorting things out,
- ✓ Persons who tend to quarrel or fight with each other and can't stop doing it or drop back into it all too easily, or
- ✓ People who have ongoing or recurring relationship issues but haven't been able to get anywhere with them.

Why do relationships deteriorate?

A primary factor in **why relationships deteriorate** is that "things happen" during the relationship (such as upsets, misunderstandings, disagreements, hurts or problems, large or small) *that don't get resolved* (or aren't fully resolved) *or aren't resolved for both parties*. They then remain in *an unresolved state* (i.e. incomplete and unfinished) and gradually **accumulate**. This often results in *ongoing or recurring issues or upsets or bad feelings* (which further complicates things).

Hard experience shows that having the will or desire to resolve such issues may not be enough. A useful set of **effective relationship skills** is vitally needed so that issues and upsets can and do get resolved. These skills are **100% learnable**.

Where **earlier unresolved upsets** (accumulated in the current relationship or in previous relationships or from childhood) are causing problems, this needs to be fully recognized and these may also need to be resolved - and they can be. This may involve private (one-on-one) counselling and coaching. It

may involve learning and using some of the simple but effective healing exercises in the book "The Power of Now" by Eckhart Tolle or by learning a technique like the Emotional Freedom Technique which is particularly effective in helping to resolve and dissolve accumulated emotional pain. *We all have within us the potential to heal our emotional wounds and move on.* What we need are some *effective tools* (that actually work) to help us accomplish that.

Some feedback

"This training brought my awareness to **the actual problems or issues** within my relationship and offered me skills that I can utilize with confidence..." - Sharon Claybrook.

"I got to realize the part I have played in **creating problems** with my partner and **how** I can resolve them and prevent them from happening again." - Trevor.

"The **rules of engagement** are **immensely helpful**. I thoroughly recommend this workshop to anyone wanting a more workable, loving and nurturing connection with the people in their lives." - Alicia May.

"This workshop can be invaluable to **anyone experiencing difficulties** with any relationship whether personal, social, at work or in your profession. **Excellent**." - Martin Fisher.

"**Extremely enlightening**. Valuable lessons that are worthwhile as a human being and your journey through life. Sounds deep, but true." - Roslyne.

"The skills and information presented in this workshop provide **an invaluable framework** for improving understanding and openness in relationships." - A.S.

"**Very practical**. The information was delivered in an easy to understand format and broken down into **achievable steps**. Peter is a highly skilled, encouraging and approachable facilitator. Very enjoyable." - Shelley.

"This workshop was **fantastic**. ... I have learnt so many skills ... that have **already made such a difference**." - Leoni Leaver.

"If you keep doing what you've always done, you'll keep getting what you've always gotten." - Jim Rohn

"If you're not part of the solution, you're part of the problem."
Sydney Harris

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"This workshop has given me a well-stocked **relationship toolkit** ... and the skills to start using it." – Alex.

"I found the workshop enjoyable, worthwhile, educational and **money well spent**." – Jim.

"**Incredibly empowering**. I felt powerless before in dealing with my responses, communicating with my partner and dealing with my emotional triggers. This training has given me immediate relief and tools plus **resources for the future**." – Name withheld. by request.

"**Very interesting**. Not only the content but the way it was presented." – L.B.

"... a **valuable experience** in establishing **effective communication** with my boyfriend and the issues we face together in our journey." – Name withheld.

"A very good course to help identify **relationship needs** and to build some **core skills** to help satisfy those needs." – Name withheld.

"Very good. I think the ideas about **how relationships breakdown** is very good. This is also a good workshop for **couples thinking about marriage**". – Fiona.

"The awareness that this **well presented course** delivered helped me immensely. Thank you, very, very much." - L.K.

Healing Relationships

The aim of this training and coaching is to provide you with **important insights, understandings and skills** that further empower you (by enhancing or adding to your *existing skills*) to heal and improve your relationships. These are all sound, practical principles and methods that have a high degree of workability. **Yes, there is a learning curve and, yes, it takes time to master these skills and, yes, the learning continues throughout our relationships.**

Gaining an understanding of and getting a handle on these skills provides **a solid foundation to build on** and opens doors that might otherwise remain locked and bolted (and frustrating, baffling and defeating).

In this training/coaching, we will discuss or explore and learn the **ESSENTIAL** skills that are needed to maintain, enhance and heal relationships. The cost of not knowing them can sometimes be huge.

- Learn the **Rules of Engagement** that make a HUGE difference (and sometimes make progress possible).
- How to **communicate effectively** (so you can actually get somewhere), and
- How to **listen** so that the other person **actually feels heard and understood** (an absolutely essential skill).
- How to get **the ego** out of the way (e.g. I'm right, you're wrong) so it doesn't completely block progress (as it all too often does).
- How to **bring out the best** (rather than the worst) in your partner, colleague or friend.
- Measuring the **health** of an intimate relationship.
- How to resolve **the four main causes of upsets and conflicts**.
- How to effectively deal with **misunderstandings and disagreements**.

"**Seek first to understand, then to be understood.**" - Stephen Covey

- Why **negotiation skills** are so important in relationships.
- How to take **grievances or hurts** (even serious ones) towards resolution and closure for both parties.
- An exploration of **forgiveness** and how to let go.
- The importance and role of **boundaries** in relationships.
- How to solve **problems** so "the solution" doesn't further complicate things or create a new problem.
- Recognizing and acknowledging the existence of

accumulated emotional pain (including from *earlier relationships or from childhood experiences*) that may be interfering and how to

resolve it.

- Why some **"public relations" skills** (such as manners) can make a real difference and help to open doors.
- Why some useful **nurturing skills** are important and needed in close relationships.

The Rules of Engagement

The **rules of engagement** are *Very Important*. The **rules of engagement** provide the framework and guidelines within which **effective communication** can take place. Example: *Talk only about one issue or upset at a time*. Ideally, both parties *agree* to abide by these "rules" but, even if only one person knows them, they can still be useful because they are based on an understanding of

what actually works and knowing with clarity what is guaranteed to *always* throw "a spanner in the works".

Sometimes, attempting to communicate about relationship issues can be like *walking through a minefield*. In these circumstances, the rules of engagement help to open the door and make it possible to get positive results by keeping things on track and minimizing the possibility of stepping on a mine or two along the way.

When, Where and How Much

This training and coaching is **available** as a ***tailor-made program or steps for couples or individuals or groups*** (which is typically a series of 1 & ½ to 2-hour coaching sessions with some "home-work" between sessions) which **focuses on their specific issues and needs**.

The sessions can be in person (at an agreed upon location) and/or over the phone or via Skype.

The fee for a 1 & ½ up to 2 hour session for *individuals* or *couples* is **\$150** and the *business rate* is **\$195 AUS per hour**.

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