



**“Relationships last not because they were destined to last. Relationships last longer because two people made a choice to keep it, fight for it, and work for it.”**

*-Unknown*

## RELATIONSHIP RENEWAL

### THE JOY OF BEING HEARD BY AND COMMUNICATING WITH YOUR PARTNER

Couples often end up in conflicts due to not being heard by each other. There are two essential areas that require work to enhance your relationship and allow both parties to thrive. They are:

- **Effective Communications** as a way of dealing with issues before they become **boulders** that break your relationship. When we listen from the heart we are able to develop authentic, sincere, and intimate relationships.
- **Developing ways to resolve Conflicts** that arise out of a lack of good communication skills. When two people are committed to each other, conflict will naturally develop because we are different.

Please join us for a **two - part workshop (February and March)** that examines your communication and conflict styles.

#### February’s Workshop will explore:

- Talking for yourself; not the other person
- Taking the “defensive posture” out of communicating
- Understanding the feelings behind the words
- Building goodwill in your relationship
- Learning essential communication tools
- Practicing in the workshop using interactive exercises and technique

#### March’s Workshop will:

- Build on the communication tools
- Develop basic tools for the resolution of conflict
- Provide a framework for couples to use to tackle a small conflict
- Resolution of a conflict through negotiation and good will in the workshop

#### At the conclusion of these sessions participants will have the tools to:

- State their point of view without blaming the other
- Hear “**your partner’s**” point of view
- Develop an appreciation/understanding of your partner’s underlying concerns
- Move towards creating solutions that work for both partners

**When:** February 17, 2018 & March 17, 2018  
**Time:** 10:00 am to 4:30 pm  
**Where:** 4848 Battery Lane, Suite 202, Bethesda, MD  
**Costs:** \$150 per couple per session payable at registration  
**Registration:** Marian Horton – [mwhorton@erols.com](mailto:mwhorton@erols.com)  
Clyde Horton – [clhorton21@gmail.com](mailto:clhorton21@gmail.com)  
**Group Size:** Limited to Six (6) couples



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