



Relationship Making

Personal development On-going group | Course leader Oriel Methuen and Paul Allsop

There are as many different types of relationship and as many different ways of having them as there are people. Whatever the roles or differences in character, we are always in a continuous process of developing and forming each distinct relationship we have.

Satisfying relationships are made. They require an investment of time, effort, understanding and skill.

This new course is for couples and singles who want to explore the art and science of relationships, defining the conditions that make well being and growth possible within relationships and exploring the ways in which each of us determines our own relationship outcomes.

The course is experiential and practical and will provide time for personal work within the group, deepening understanding through thematic discussions and psycho-educational skill learning.

The course will also focus on how we manage the transitional steps of change and how we influence and affect our own behaviours as a source of self empowerment, increasing the feeling of 'the words being in charge of shaping the kind of relationships we want to create.

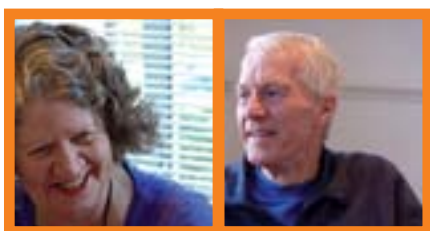
Dates for 2013

Two two-days, Friday and Saturday,
January 25-26, March 15-16, 9.30am-4.30pm each day.

Six Wednesday evenings
January 23, 30, February 20, 27, March 6, 20, 6pm-9pm.

Price

The cost for this group is £580.



How to book

If you are interested in booking on to this group please send your cheque payable to either one of the course leaders at the Spectrum office, 7 Endymion Road, London N4 1EE.