

HEALTHY RELATIONSHIPS

Our romantic relationships are some of the most important influencers of our lives. It is through our partners that we learn to process the best and worst parts of ourselves. When we are in such close quarters, the strength of our relationships will be tested like never before. Likewise, we may be in lockdown away from our partners and worried about how to maintain a healthy relationship. In this seminar, we will focus specifically on what it is to have a healthy relationship. We will also discuss the changes we are all experiencing whilst managing our new, limited lives. This hour will prioritise romance, communication and companionship.

SESSION OUTLINE

- Remembering how and why we get into relationships
- Common miscommunications and how to fix it
- Ways to build intimacy
- When it's time to get a professional involved
- Keeping sane through quarantine
- Useful websites and resources

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

GWEN JONES (SPEAKER)

Gwen studied Psychology at the University of Utah with a focus on child and adolescent development. She then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK at the primary and secondary levels. Most recently, she has trained as a psychotherapist, family therapist and parent coach and now works with both children and parents in that capacity. A mother of 4, she is very active in her children's schools serving as a volunteer, Rainbow leader and chair of the PTFA. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.