

"Parents are a child's first and most important teacher"

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. For some, living in such close quarters this year has tested the strength of relationships like never before. Others may have been in lockdown away from partners and worried about how to maintain a healthy relationship. Everyone in a relationship is needing to renegotiate their relationship contract now that spaces are changing. In this session, we will focus specifically on what it is to have a healthy relationship. We will also define what "The Relationship Contract" looks like. This hour will prioritise romance, communication and companionship.

SESSION OUTLINE

- Remembering how and why we get into relationships
- The Relationship Contract
- Ways to build intimacy
- Arguing with Purpose
- 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 is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen initially studied Psychology at the University of Utah, 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. A mother of 4, she is very active in her children's schools. 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.