



Prerequisite Relationship Coaching Foundation 101  
(see Fast Track date 26<sup>th</sup> February 2010)

**Relationship Coaching for Communication & Conflict  
Resolution Module**

**Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> April 2010**

This module focuses on coaching for change and growth and is based on the work of John Gottman, Eric Berne and Richard Nelson-Jones.

You will learn:-

- the difference between confrontation and problem solving
- coaching assertiveness skills
- the “Games People Play”
- conflict regulation and conflict resolution techniques
- tried and tested techniques for healthy couple communication
- the most important relationship skills

This module can be taken as a “stand alone” or as part of the six module course.

Accreditation: you will be assessed throughout the 2 days and will need to complete a piece of written work in relation to the module.

Please see Special Offer Packages as part of the Relationship Coaching Course details and contact us to discuss payment plans.