



## **The Relationship Coaching Course (modular)**

**Accredited with the Open Network College UK**

**Commences February 2010**

**Facilitated by GRACE CHATTING** - BA(Hons), CQSW, MBACP Accred, Dip LBEx Coaching, Dip Family Therapy, Recognised Family Mediator (more details [www.plymouthtrainingandevents.com](http://www.plymouthtrainingandevents.com) )

Research shows that most individuals rate a happy relationship as vital to their felt sense of wellbeing. In spite of this, the evidence shows that the increasing collapse in marriage and committed relationships over the last 40 years has meant that many individuals and couples have never seen role models of permanent or exclusive relationships. So, when conflict occurs, as it inevitably does, many couples do not know what to do. Studies show that a purely therapeutic approach does not achieve significant results when working with these troubled relationships.

The Relationship Coaching Course whilst drawing from the field of psychotherapy is mainly psycho-educational and takes a coaching approach. This means instead of focusing on problems, this course provides Counsellors, Coaches or Social Workers with a framework for the communication and exploration with individuals and couples, of values, strategies and interpersonal behaviours which build intimacy and harmony in relationships.

Though on the surface this course appears to be geared towards the “professional” the framework and teaching is also suitable for individuals and couples who wish to bring about change or make choices for themselves and their relationships or potential relationships.

The overall aim of The Relationship Coaching Course is to provide the skills to single individuals in making good couple relationship choices and also to increase stability, happiness and fulfilment for couples.



This course carries CPD points for professional practitioner. Please contact us to discuss each modules value.

**The Relationship Coaching Course consists of the following modules:-**

- Relationship Coaching 101 Foundation Module (prerequisite to Relationship Coaching Course)
- Relationship Coaching for Singles
- Relationship Coaching for Divorced and Separated
- Relationship Coaching: Communication and Conflict Resolution
- Relationship Coaching in Crisis Situations
- Relationship Coaching: Sex and Sensuality
- Relationship Coaching & the Law of Attraction
- Relationship Coaching: Building a Successful Practice
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Assessment and accreditation for each module is by way of tutor assessment throughout the course and a piece of written work in relation to each module.

Attached in a separate document are details of the **SPECIAL OFFER PACKAGE** in relation to the cost of this course which can be taken as residential or on a day basis.

There will be an additional cost of approximately €30 for each module that you require be accredited and this cost pays for the accreditation and marking process and is a separate transaction between yourself and the course facilitators. Please contact me if you require further information about this.

**Des 065 6827749 or 085 1614951**