

Relationship Coaching Workshop



This workshop is facilitated by Grace Chatting. Grace's professional background is as a senior Social Worker with children and families, trained in Family Therapy. She is a BACP accredited Counsellor, recognised Family Mediator and qualified Life Business and Executive Coach.

As a Family Mediator Grace became aware that quite a number of couples might have avoided divorce and family breakdown if only they had accessed appropriate help. She adopted a coaching model as an alternative to counselling for working with couples and has found it very successful.

She has developed a 10 step process for coaching couples whose marriages are failing, as well as creating a relationship coaching program for counsellors who wish to incorporate a coaching perspective into their practice. She also delivers Divorce Recovery workshops.

With 25 years experience, Grace has worked with more than 10,000 individuals, couples and families. She has trained in couple work with Dr Kathlyn Hendricks PhD.

Grace is Co-Director with her husband and partner Alan Chatting, of Plymouth Counselling and Relationship Coaching in Devon UK. They also have a residential Coaching Centre in Spain.

This workshop covers:-

- A framework for coaching singles
- Stages of Relationships Coaching
- Stages of Relationships
- What is commitment
- 10 Step couple coaching model
- Conflict resolution skills
- Passion, Presence and Playfulness
- Relationship skills

The workshop is limited to 15 participants, early booking is recommended.