

RELATIONSHIP GARDEN 人際關係班(粵語)

COURSE CONTENT

家庭成員之間如何建立良好的關係呢？男女雙方如何促進溝通、化解衝突、增長愛意、同心同行呢？學習溝通達致心靈相通的境界，學習認識及體會對方的感受技巧，學習清除心中過去所積累的埋怨，對每一個家庭的成長及兒女的成長有莫大的幫助。曾修讀本課程學生均認為本課程內容不論在工作上、親人及情侶關係上有莫大的幫助，是個人成長中，一個必讀的課程。 內容：

1. 一段關係的開始 (Romance Stage in all relationship)
2. 關係中的五大的障礙，及如何克服這些障礙
(Five big obstacles in relationship & how to overcome them
i. Perception ii. Expectation iii. Poor Communication
iv. Focus on our differences v. Loving in a wrong way)
3. 影響關係的自我防禦機制 Self-defense mechanism that affects relationship
4. 如何避免在鬥爭中傷害別人及自己
(How to avoid hurting others & myself in Power Struggle Stage)
5. 高效率的建立關係技巧 (Effective RBS-Relationship Building Skills)
6. 如何與別人、家庭及孩子溝通 (Effective Communication Skills)
7. 友誼、愛情與親情的親密發展 (How to foster an intimate relationship)
8. 十三種錯誤婚姻的開始 (13 warning signs of a troubled marriage)
9. 成功婚姻的發展 (How to develop a successful marriage)

CLICK HERE TO
REGISTER

*報讀本課程需要先完成基本人際關係課程

DATE: APR 04, 2022 (MONDAY) 7:00 PM - 9:00 PM
SESSIONS: 22 SESSIONS
FEE: \$561 + GST = \$589
EARLY BIRD: \$528 + GST = \$554 (REGISTER AND PAY BEFORE MAR 07, 2022)

Registration

Name: _____ Phone Number: _____

Email: _____ Course: _____

Payment method (please check one box below):

E-transfer to wiseeq@gmail.com Mail cheque to WISE EQ Center

Please submit your registration form via email to wiseeq@gmail.com or WhatsApp to (604) 618-8771.