



CHANGE ONTOLOGISTS

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Reg No: 2016/37872/07

Quality relationships are fundamental to success at home and work but the problem is that we don't have a very good set of tools for understanding them. When things go well we use phrases like:

"We just get along", or, "we just seem to click"

And when things go wrong, we say:

"It's just a clash", or, "she drives me mad", or, "it's no good, there's no point talking to him!"

What if you had a better way of making sense of things? Just like any skill you've learnt in life, it started with understanding; The notes in music, the ingredients in a recipe, the tools for DIY, the rules of the road. In this course you will learn a brilliant way of making sense of the people situations in your life.

Improve your impact and effectiveness at home and work

The good news is that you already have what it takes to be successful in your relationships - it's about recognizing the effective states and spending more time in them - a 10% increase could make the world of difference to you.

The relationship sessions will include the following:

The topics dealt with will be the following:

- The six psychological emotional states you share with everyone
- We unpack the effective states – the ones which make relationships with others work
- We unpack the ineffective states – the ones which make relationships with others fail
- We look at examples of effective and ineffective relationships at work
- We look at examples of effective and ineffective relationships at home
- We unpack why arguments happen
- We look at how to avoid and resolve conflicts
- We go through some real life situations

