

WE ARE MEMBERS OF



Life Coaching & Counseling Sessions

(Can be conducted on line via Email ,Skype or by Phone)

Hypnosis:-Via the use of pre-recorded CD.

For more Empowering eBooks and Audio recording go to our website www.GlobalClinics.net,

go to the eBook tab.



WWW.ZENCOUNSELLING.COM



Phone: 0421 247 810

Skype: zencounselling1

E-mail: zencounselling@outlook.com

Zenith Global Consulting & Education
ABN :50-428-474-654



Life Coaching
"Mini Course"

#3
Relationships



Mob: 0421 247 810

ZENITH LIFE COACHING & COUNSELLING SERVICES



Hi and Welcome to the Zenith- Life Coaching “Mini Course”

On life changing activities that are designed to empower and motivate you! The ‘Mini Course’ is made up of 7 lessons , this lesson is on Relationship.

A ‘good relationship’ means different things to different people.

However, an appropriate relationships generally involve two people who respect each other, can communicate, and have equal rights, opportunities and responsibilities.



This lesson is directed towards couples who want to have a successful and rewarding relationship, however some of the tips can be used for other such as children, family and friends.

It is normal for couples to have ups and downs, to meet these challenges, and to keep your relationship healthy and happy, you need to work at it.

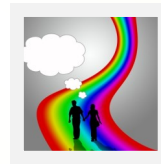


Tips for a Healthy Relationship



Talk to each other: *Listen to what each other has to say.*

Spend time together and make Planes: *Enjoy the moments you have with each other.*



Work on feeling good about yourself : *be happy with yourself –don't expect other to make you happy*

Everyone is different: *Respect each other views and choices.*

Be supportive: *Support each other in good and not so good time, this strengthen relationships*



Learn from arguments: *See your partners point of view and reflect.*

Be attentive: *Respect is the corner stone of any relationship*

Be flexible: *You are in partnership not the military – so be flexible with each other needs, wants and concerns.*

Goal Setting Worksheet

2015

Goal Setting Worksheet

MY RELATIONSHIP GOAL FOR 2013 IS

I WILL ACHIEVE THIS GOAL BY

SPECIFIC STEPS TOWARDS MY GOAL

1. _____
2. _____
3. _____
4. _____

