

Relationship Mastery in a Lunchbox - Course Content

Eight Sessional 1.5 hour Workshops available at times to suit clients

- 1. Where are you now?**
We obtain clarity on the current life focus, look at their relationship values hierarchy and elicit their top four. We also discuss the place of self esteem in relationships.
- 2. The Pieces of the Relationship Puzzle**
We introduce the Seven Levels of Relationship in order for the participants to get clarity on where they are currently and the other alternatives available to them.
- 3. The Major Belief that prevents you from Relationship Mastery**
There is one major belief that each person holds that prevents them from deepening their intimate relationships. These are largely unconscious and usually not the truth. Here we take them through a process to eliminate this belief and install a new empowering belief that will serve them better.
- 4. The Power of Conditioning**
They have now a new belief that is designed to facilitate better relationships and here we deliver the importance of conditioning through various modalities incorporating all the senses.
- 5. Communication**
We discuss ways that partners communicate their love for each other and how miscommunication is so common. We offer strategies to rectify this most important area of intimate relationships which is documented as the top modality to save committed relationships.
- 6. Boundaries**
Most people are not aware of their relationship boundaries - their must have's and must never have's. Here we discuss the importance of boundaries as conflicts and infidelity and their consequences.
- 7. Rules, Fun and Forgiveness**
Here we discuss how rules can be relationship breakers, how to have more fun and the art of forgiveness.
- 8. The Successful Ultimate Relationship Model**
To conclude this workshop we consider the traits evident in successful intimate relationships.

Bonus Session: Something for Singles

We offer strategies for gaining clarity on what you want, how to create your ideal relationship and workshop a marketing plan

Suite 7, Level 7, 330 Collins Street, Melbourne Australia 3000 Tel 0414 510 474 / 0407 817 827
info@UltimateRelationships.com www.UltimateRelationships.com