

RESILIENT RELATIONSHIPS 5 ½ HOUR WORKSHOP

This workshop is designed to host couples and singles together. Great care has been taken to ensure that both couples and singles feel equally seen and important.

PARTICIPANTS WILL LEARN ABOUT AND EXPERIENCE WAYS TO MAKE THREE DISTINCT ASPECTS OF THEIR RELATIONSHIPS HEALTHIER:

1. **ENJOY** each other more by learning how to:
 - Appreciate creatively.
 - Communicate in new ways.
 - Discover fresh perspective on connection.
 - Create a safe, comforting for connecting emotionally.
 - Grow opportunities to replenish individually and in relationships.
2. **KEEP BREAKS SMALL** Every relationship has inevitable relational distress (what we call breaks) Participants learn to keep breaks small by:
 - Understanding how we each contribute to relational distress.
 - Staying in the green zone (speaking the truth in love)
 - Understanding what contributes to intensity in conflict.
 - Exchanging criticism, complaints, expectations and/or demands for expressing desires framed in the positive
3. **REPAIR** Participants learn to repair relational breaks or distress more effectively using exercises uniquely created to help us practically apply Biblical relational principles:
Humbly do our own Matthew 7:5 work with God's help. We call this "moving from blaming to owning" and "taking humble ownership."
 - Understanding what our responsibility is in giving and receiving repair.
 - Discovering what kind of repair we find most meaningful.
 - Understanding obstacles to letting go of our record of wrongs.
 - Learning how to offer sincere, humble repair that is most meaningful to others.
 - An easy but effective communication tool that can help diffuse conflict.

THIS IS AN INTERACTIVE WORKSHOP. THE PROCESS FOR TEACHING EACH CONCEPT IS:

- We provide a brief introduction.
- The concept is modeled by real-life examples (our own or videos of others with whom we have worked)
- Participants learn experientially through personal reflection, practice, or table discussion. Participants will never be asked to share personal relational struggles/difficulties.

The Relational Repair Cycle Workshop is a wholistic approach to building Resilient Relationships. The concepts taught have potential to strengthen any relationship.

NOTE: 1) We will not need to train leaders for this workshop. 2) Our workshops are media intensive with large slide decks and numerous video clips so tech support will be needed.