



"The problem with communication is the illusion that it has been accomplished."

George Bernard Shaw

"To effectively communicate, we must realize that we are all different in the way we perceive the world, and use this understanding as a guide to our communication with others."

Anthony Robbins

What is Communication Excellence for Couples?

Communication Excellence is a human relations model. It is a communication tool presented in an entertaining, highly interactive, and informative format. Based on extensive research into human motivation and behavior by Jung, Myers-Briggs, Kiersey, Lowry, Erickson, and Berens, this tool explains what motivates positive attitudes and behaviour in different personalities. Although there is much psychological and sociological research and science behind this, the "psycho" has been removed so it is easy to understand, applicable, fun, and results-oriented.

Communication Excellence for Couples gives you the knowledge, tools and strategies to be accountable for your communication choices and results. These choices and results are ultimately responsible for your level of happiness, satisfaction, and success in your relationship, family, workplace, and community.

The base of the training is a self-assessment tool called Personality Dimensions®. All activities and dialogue are designed using a coach approach, so you create, and are accountable for your own results regarding the basics of relationship-building and effective communication.

Your benefits include:

- Greater self-awareness and accountability
- Improved self-esteem (understanding and appreciation of own temperament style)
- Understanding and appreciation of your partner's style
- Appreciation of differences and diversity
- Improved ability to communicate effectively
- Increased focus and attention
- Improved problem-solving abilities
- Improved conflict resolution skills
- Reduced stress
- Greater satisfaction and engagement
- Increased ability to build trust



Flow of the Communication Excellence for Couples day

One of the main purposes of the day is for you to really get to know yourself and your partner at a much deeper level. You'll also get to know other couples who have experienced **Couples Coaching** or **Relationship Recharge Get-away Retreat**.

1. You will be immediately engaged in a fun co-operative game to establish the common goals for the day.
2. An exploration of the basics of a relationship will give you an understanding of the principle of Trust, and a simple metaphor for effective ways to build trust within your relationship.
3. The Personality Dimensions® self-assessment will be used to allow you to identify and understand your own temperament style.
4. A self-assessment and explanation of introversion and extraversion will assist you to understand you own tendencies and to identify and appreciate the tendencies in your partner.
5. You will work in small groups with others of the same behavioural style to identify and explore your own communication and behavioural tendencies.
6. Group presentations and facilitated question and answer period will enhance the understanding of each style and explore effective communication strategies.
7. You will gain an understanding of Karpman's Triangle (the Dreaded Drama Triangle): how it works, when it happens, and how to get out of the cycle.
8. A reframing exercise will allow you the opportunity to experience the power of reframing thoughts, words, and behavior to create your desired results.
9. A conflict resolution model will be reviewed and discussed. This will engage you to consciously shift your point of view to eliminate, or greatly reduce the negative effects of anger. As a couple, you will develop your own strategies to handle conflict in a respectful way for greater innovation and creativity.
10. As a couple, you will think about, write, and dialogue about your commitments to enhance your relationship using this model.
11. The day will conclude with a connection activity with your partner so you leave feeling heard, valued, and appreciated.

Throughout the activities, you are invited to ask questions, share insights, and actively participate in the learnings so you "own" your results.

Communication Excellence for Couples builds trust and trustworthiness, belief in self and your partner, effectiveness in communication, and appreciation for the qualities that make us all human.

"A beautiful thing happens when we start paying attention to each other. It is by participating more in your relationship that you breathe life into it."

Dr Steve Maraboli