

Relationship Coaching

Building stronger relationships from within



How do you see Conflict?

What do you do if your partner gets defensive/angry when you share your feelings on challenging issues in your relationship? When was the last time you reflected on a conversation and wished it had gone better? In our very first session I will begin working with you to unlock missed opportunities for connection with whomever you're talking with.

Choosing your Mindset

We usually assume that the other person completely understands where we are coming from and how we arrived at our conclusion. The reality is that most conversations are that each person is waiting their turn to speak.

Know what to Listen for

We will work together to practice listening for key components in conversations. Becoming a better listener starts with looking at conversations differently. We will outline techniques on listening and working with challenging situations to use the conversation as a tool to build relationships



WE GOT MORE THAN WE REALIZE IN OUR FIRST 15 MONTHS.



STOP SURVIVING AND BEGIN THRIVING



Unknown Unknown habits

Growing up we picked up communication patterns. Some of them are great! Others are meh... We will uncover these little unknowns and begin repurposing them to benefit you. We dive into some of your strengths and challenges to identify where coaching can support your goals.

Learn why I like getting a NO

Most of us try to avoid a NO from our partner, boss, or response in general. We dive into the huge opportunity to build trust, connect, empathize, and even become an advocate when we encounter a NO.



Better use of I statements

Many of us are very aware of the I statement... And we are also very annoyed at how annoying it is. It has become the tool for passive aggressive attacks that rarely leave us feeling better. We coach and practice powerful I statements for business, relationship, and parenting.

Your choice: Survive or Thrive

Life is full of unplanned, uncontrolled events and emotional reactions. By working through our programs you will be ready, and be prepared for dealing with anything that is thrown your way.

