



# Joy of Life Connection

*Let Your Happiness Grow*

## Intimate Relationships

**Imagine communicating effectively and compassionately -**

- to achieve deeper levels of intimate connection
- to keep your relationship real and alive
- to break out of stuck patterns and move forward with clarity

**Learn how to more easily -**

- connect with what is really going on for you and your partner
- create win-win outcomes
- make life more wonderful for each other



If you are longing for more intimacy and genuine connection in your relationship or are exhausted from endless patterns of behaviour that lead nowhere, then this two day workshop is a gift for you. It will help you bring a new vibrancy, joy and deep connection into your relationship.

In this workshop you will learn how to do this through:

- Focused exercises for increasing connection, intimacy and trust.
- Learn how to breach and resolve issues in a way that connect rather than disconnect.
- Honouring all feelings without getting stuck in the ocean of emotion, by finding the concrete actions that help you get what is important to you.
- Changing destructive habits to habits that build and enhance your relationship.
- Ability to express yourself with authenticity, asking for what is important to you.
- Bringing partnership consciousness into your relationship – being “us” instead of you and I.

You will learn much more, and in essence they are key life skills keeping relationships vibrant and real.

***Other workshops focus on (see more on our website):***

**CC Foundation Training** - Giving you the skills to achieve deeper levels of intimate connection, confidently express yourself, ask for what you need and in other ways make life more wonderful.

**Empowered Parenting** - From Conflict to Connection, Respect and Cooperation

**Intimate Relationships**

**Expressing and Receiving Anger Safely**

**Conflict Resolution**



**Carsten Sundby Nielsen**

Your trainer is passionate about sharing Compassionate Communication as a basic life and people skill that increases the quality of everyday life.

*“My aim is to contribute to happiness in the world. CC has given me many tools and valuable experience, to enable me to assist others towards life changing insights and ways of communicating that enhance understanding and peaceful supportive relationships.”*

For more information incl. pricing and booking

**[www.joyoflifeconnection.info](http://www.joyoflifeconnection.info) or call 07 5315 5445**