Connected Couples, Connected Families Week by Week





The Three Keys to Success

You'll learn three core themes that are important for a happy and healthy relationship.



Personality

You'll explore your personality traits, interaction styles, needs, strengths, and weaknesses.





Danger Signs & Time Out

You'll learn to identify some major communication challenges and how to use skills to avoid those communication challenges.



Anger & Stress

You'll learn how anger and stress can affect relationships and some strategies for decreasing the impact of anger and stress.



Speaker Listener Technique

Learn and practice a technique to help minimize communication challenges and learn how to talk about issues more respectfully.



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Events, Issues, & Hidden Issues

Learn ways to understand and deal with situations when big feelings come to the surface and how to understand each other better when this happens.

Fun & Friendship

Practice having fun together and learn how to protect having time with each other as friends.





Expectations

Explore what your expectations are for yourself, each other, and your relationship. Discuss whether or not those expectations are reasonable.



Facilitator's Choice

Facilitators will choose one of two lesson options, depending on group preferences.

Commitment Learn about two kinds of commitment and develop a shared vision together.