

Relationships Matter

Free Online Event

Wednesday November 11



Are you interested in relationships and the research around why they are successful or what happens when personal dedication erodes? Are you single, dating, engaged, in a committed relationship, preparing for your first child or married? If so, this Zoom information session will benefit you!

Robyn Donnelly is an experienced facilitator and coordinator of Marriage & Relationship Education programs and will be sharing with participants the research around "I to We" concept (from Me to We) and its benefits to your relationship, two dimensions of Commitment – Personal Dedication Vs Constraint Commitment. Research from the Gottman Institute to strengthen relationships called The Sound Relationship House Theory which helps to affirm your marriage by increasing understanding of building your friendship. Robyn will cover strategies to build strong emotional bank accounts by explaining small things often.

The session provides participants with an understanding of patterns of behaviours that drain our emotional bank accounts and can cause the relationship to go into meltdown or disconnection of the parties. Participants can reflect on 7 areas that create strong sound relationships starting at the foundations this includes research around rituals and shared meaning, so your relationship stays connected to get through areas of disagreements or conflict.



Time

7:00 PM – 8:30 PM

Where

Online



To register scan QR code
or use the link

[Relationships Matter Eventbrite](#)

For more information email
marriageeducation@mn.catholic.org.au
or call 49791370



www.mn.catholic.org.au