

Connected Couples, Connected Families

Week by Week



1

The Three Keys to Success

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

2

Personality

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

3

Danger Signs & Time Out

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

4

Anger & Stress

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

5

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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6

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.

7

Fun & Friendship

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

8

Expectations

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

9

Facilitator's Choice

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

10

Commitment

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