

'Understanding your relationships'

An online course for adults, young people, and older adults.

This course is for anyone who is in a relationship.

Relationships include couples, friendships, neighbours, family relationships, work colleagues.

You may want to celebrate it, you may want to give it a bit of an MOT or you may feel your relationship is in need of some attention. Maybe you feel you are drifting, or perhaps things have been difficult lately. You're looking for a way forward.

Relationships can be difficult, complicated, fun, satisfying, exciting, annoying, bring out the best in us, bring out the worst in us. We are often in one, but we don't often spend much time on them. So here's the chance!

Features:



11 Modules



15-20 Minutes
(per Module)



Integrated
Notebook



Quizzes



Certificate

This course covers:

- Our feelings
- Understanding how the other person is feeling
- Reading behaviours
- Responding
- Communicating feelings
- The rhythm of interaction
- Self-regulation and anger
- Coping with anger
- What we learned from our parents
- Rupture and repair

www.inourplace.co.uk

Available 24/7. Anytime. Anywhere.

Further details:

If you like this you might also like **Understanding your child** and/or **Understanding your child with additional needs** and/or **Understanding your teenager's brain**.

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