

Talent Your Relationships

Talent your Relationships fosters emotional intelligence and is designed to recognize patterns of behaviour and introduces dynamics that unlock the full potential of the family.

Couples and families are often characterized by long-established behavioural patterns and communication schemes that prevent those involved from finding new solutions. Active and non-judgmental listening as well as empathic self-management are part of a functioning group communication.

In the first session a snapshot is taken in which everyone describes how they feel and perceive the situation. In this way a common starting point can be defined and a goal for the group can be set. Through various attention exercises, self-reflection and communication techniques everyone learns how to observe themselves and how to perceive the connection to others in order to decide how to integrate into the group according to their needs.

Case Study

Challenge:

Manuela had a good relationship with her daughter Paula, but due to the divorce and Paula's beginning puberty the relationship became more complicated. Paula became insecure and unhappy due to the unfamiliar situation and the sudden lack of attention of her mother. The two of them repeatedly got into situations in which they hurt each other emotionally and then avoided each other for days afterwards.

The way to the goal:

In the first session we decided to leave aside the recurring conflict content and instead to create a better connection between the two through bodywork. We started with flexibility exercises as well as various breathing exercises to release tensions and improve mindfulness. Afterwards Paula and Manuela learned to train their expression and posture and to observe how the other one reacts. This way both learned to express themselves without being judged by the other. Meditation exercises at home and regular meetings in our learning room helped both of them to continue to react out of their inner peace and to perceive the other without judgement.

Results:

Three months later Manuela and Paula are balanced and each has found her own way to tell the other what she needs and what she wants, even if it is sometimes unpleasant to express it. Both have learned to have fun together and to understand the other better through body language, thus improving the quality of their relationship.