PAULA QUINSEE

Relationship Journey Programme Outline

A 6-week, live, hands-on course to help you implement a robust foundation for your relationship, and live your dream life together.

Learning outcomes:

- **Get Unstuck** - Understand what causes couples to get stuck and what to do when you find yourselves there.
- **Gain Clarity** - Get clarity on what your needs and expectations are of each other and of your relationship.
- **Establish A Healthy Foundation** - Building a healthy foundation together empowers you to get over the speed bumps you will encounter in your journey together.
- **Create Connection** - Feel more aligned and connected with each other and create emotional safety for each other in your relationship.

Module	Learning Outcomes	Course work
Relationship values	Our values drive our everyday thoughts, actions, and behaviour. In this module we will unpack what your relationship values are, why you should have them, and why they are critical to your relationship success.	Values Exercise
Relationship vision	Without a vision how will you know where you are going? In this module we will unpack what a relationship vision is, why you need one, and how to create one unique to you and your relationship.	Relationship Vision Exercise
Relationship flags	If you don't pay attention, the gremlins will creep in and sabotage your relationship. In this module we will identify the green, yellow, orange, and red flags in every relationship, how to spot them, how they can destroy your relationship, and what you can do to manage them.	Relationship Goals Exercise
Relationship Currencies	Are you making the right investments in your relationship? Money is only one of the ways we contribute to a relationship. In this module we will look at the 5 pillars of currency contributions in a relationship, their value, the types of deposits and withdrawals, and how this determines the value of your relationship.	Relationship Currencies Exercise
Relationship Goals	If you fail to plan, you plan to fail. In this module we will look at why you should have couples' goals in place, what happens when you don't have goals, and how to go about putting goals and an action plan in place for your relationship.	Relationship Goals Exercise
Relationship Pledge	Being in a relationship requires commitment. In this module we will look at what commitment means for you and your relationship, and how being intentional protects your relationship to be healthy and happy for a lifetime of togetherness.	Relationship Pledge Exercise

The program format:

- Group sessions – 6 x 1-hr sessions, meet once a week one a Weds evening 20:00-21:00.
- Group learning and mentoring
- Individual course work

The value of the group sessions is the support from the group, the sharing of insights, your very own sounding board keeping you motivated and focused.