



**DESCRIPTION:** This 2 day course is for couples who value their relationship and want to make it even better.

You will learn

- What makes relationships really satisfying and workable in the longer term
- How to build friendship and intimacy with your mate
- Understanding the patterns and dynamics of close relationships.
- Key skills in managing differences and constructive conflict

This engaging and interactive workshop is for couples of all kinds: parents & children, husbands & wives, partners, friends. Singles are also welcome.

### ABOUT NICK TABLEY:



Nick Tabley is a registered psychologist with diverse skills and experience in counselling and psychotherapy, adult education and human resource consultancy. His qualifications include Masters Degrees in Applied Psychology and Adult Education from Macquarie University and University of Technology Sydney. He holds Diplomas in Clinical Hypnotherapy and Family Therapy, and Yoga Teaching. He is a registered psychologist in NSW.

Nick has more than 20 years experience across areas such as individual and family counselling, life transitions, trauma and stress management. He has provided services and consultancy expertise for a range of large and small organisations in the corporate and community sector. He has been a Family and Child Counsellor and a Relationship Educator with Relationships Australia in Wollongong.

He has also worked for more than 10 years in community health developing and running small group programs including men's health, communication skills, stress management and relaxation, interpersonal skills, yoga and fitness training and meditation. He continues to be actively involved in community based education and health promotion.

Nick has a firm belief in the innate ability of people to forge their own unique solutions to life's challenges. To this end he invests his energy, experience and skills to work with individuals, groups and organisations in a respectful and creative way to contribute towards their health, wellbeing and achievement.

**DURATION:** 12 hours (2 day workshop)

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**WHAT TO  
BRING:**

Please bring a notebook and pen

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**RECOMMENDED  
READING:**

*The Lost Art of Listening, How Learning to Listen Can Improve Relationships*  
Second Edition (Guilford Family Therapy) by Michael P. Nichols PhD

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**AFTER THIS  
COURSE:**

You might like to consider the following related short courses

- Introduction to the Holistic Perspective (part of the Diploma of Counselling)
  - Introduction to Transpersonal Psychology (part of the Certificate of Transformational Coaching & Diploma of Transpersonal Coaching)
  - Meditation 1
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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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