

TRUE LOVE RELATIONSHIPS IT STARTS WITH US.

by Marsha Parcou

The programme is all about finding stability, self-worth and contentment within ourselves and then using this new found strength to not only grow as a person, but to also grow within our intimate and close relationships.

Rather than pursuing perfection or aiming for full time happiness, both of which are impossible to achieve, the program instead focuses on creating a satisfying, continuous sense of personal progression.

With stability within ourselves, and self-worth that allow us to set healthy boundaries and contentment that makes most days fun, we can not only live a life that feels full, but we can also fill it with love. Love for ourselves and others that not only blossoms within, but also breathes new life into our closest relationships.



It's all about learning how to unconditionally support and love ourselves and then passing it on to those we care about the most.

PROGRAMME DETAILS

Session 1: Taking Responsibility For What You Can Control, Letting Go Of What You Can't

Clarifying where you're not taking responsibility, how you blame others rather than looking at yourself and what you need to do to take back control of yourself.

Session 2: What Does Your Ideal Relationship Look Like And How Can You Close The Gap

Let's examine how you can satisfy your needs without someone else having to. What are you asking your partner for, and how can you fulfill this for yourself?

Session 3: How Do You And Your Loved Ones Communicate Love? Is The Communication Effective?

How might you be miscommunicating with your loved ones? How do you like to be loved? How do they like to be loved?

Session 4: What Can I Do For You?

Love is not a transactional thing. In this session we learn how to place less conditions on love and allow it to blossom.

Session 5: Creating A 'Relationship Plan'

We will create a personal plan for your transformation within your relationship. We will discuss how you changing will change the dynamics of your relationship and how you can meet your needs and build a life of contentment and peace.

Session Time: 45 mins per session

How: Online coaching, once a week,