



The Right Step Relationship Course has been designed to heal and restore women from the hurtful affects of broken or unfulfilling relationships.

This program is built on a foundation of helping you become whole. It has been developed to assist you in developing a **complete and whole life** so that you can feel good about yourself again and confident that you can build mutually satisfying and rewarding and free from abusive or hurtful behaviours.

This means that:

- We **raise awareness** of what makes a relationships healthy and unhealthy. We look at the profile or an abuser and the tactics they use.
- We help you understand the early warning signs of an abuser and show you how to confront and deal with unhealthy behaviours as they appear.
- Our workshops will **educate you about those common areas women get stuck!** Things such as why we lose ourselves in relationships, why we love the bad boys and why all nice men are boring, why we attract certain types of people, why we always stay in hurtful relationships and how do we go about breaking the cycle. We have lots of exercises for you to complete and tools to help you break out of unsatisfying patterns!
- We support you in your journey to discovering your **self worth, confidence, significance and value** so that you feel good about who you are whether you are in a relationship or not.
- We equip you to develop new communication skills so that you can present your 'real self' to the world confidently and assertively! We will teach you how to deal with conflict and those difficult conversations so that you can set boundaries on people that try to resist your new boundaries.
- We believe that you can **live a full and interesting life** right now in the present, regardless of whether you are single or in a relationship. Our workshops are designed to help you develop a life plan and get to work at creating your ideal life.

The workshops are **creative and interactive**, which means they consist of experiential hands on learning, role play, group exercises, feedback, personal exercises and teaching sessions facilitated by the Coach.

- So to recap, The Right Relationship Course will help:
- Increase your **sense of worth** and **significance**
- Equip you to be **assertive and express who you really are** with **confidence**
- Give you **solutions to problems in your relationships** that you currently have difficulty working through
- **Empower you to develop a full and satisfying life**, whether you are in a relationship or not
- **Break the cycle** of hurtful or unsatisfying relationships

There are 12 workshops in total. Each session lasts 3.5 hours. You can choose to attend a full program or individual workshops depending on what courses are currently being offered.

For more information or to book a course please contact

Joanne Robinson 07944577754

Donna Intera, Bennett House, Norwich Street, Dereham NR19 1BX

Email: info@donnaintera.co.uk Web: www.donnaintera.co.uk