



# Managing Family and Relationships

Making intimate relationships work is a far more difficult task than we generally recognize. In this session, we will look at the key ingredients to building good relationships, overcoming blockages to effective communication and ways to manage and nurture relationships in our busy lives.

Participants will:

- Discuss interpersonal communication
- Discuss behaviour and how it relates to communication skills
- Understand the process of escalation of conflict
- Give some practical tools and techniques to help improve close and extended family relationships

## Mike Collins

Mike has been working as a counsellor since 2001. Mike moved with his family to Drogheda, in Ireland, in 2006 and continued to work with EAP providers such as Optum, as well as opening his successful private counselling practice in 2008. In 2011, he completed his Train the Trainer qualification, and has been developing and delivering workshops and webinars since that time. These cover a broad range of topics such as stress management, work-life balance, mindfulness, resilience, time management and various other wellbeing issues.



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