



Relationships

What's happening for you in your relationships?

There are many relationships we experience over the course of our lives. Some of our key relationships involve family, friends and work colleagues. The saying 'you can choose your friends but you can't choose your family' is quite correct. However, you can choose how you want your relationships to be!

Here are two scenarios:

You enjoy great relationships with your life partner, children, siblings and parents. Not only that, you seem to effortlessly engender good relationships at work. Sure, there have been times where there have been issues but you somehow worked it out. Most people are fairly easy to get along with and you enjoy interacting with people. "I guess I must be a people person."

I don't know, most of my relationships turn sour – people expect too much and I can't give everything to everybody all the time! I just want to enjoy relationships, to have fun and be liked. My job and some of the people there annoy me. I guess that's what it's like everywhere though. Why are some people so hard to get along with? I'd love to win the lottery so that I can be free of all this.

Which scenario resonates more with you?

Building and maintaining solid relationships takes effort ... and you deserve to have great relationships with those closest to you – at home and work. So, what are you putting up with? How can you set the tone for how you want your relationships to be? More importantly, what supports you? Are positive, loving and caring relationships important to you? How can you get yourself back on track?

Relationships are a joyful part of our existence

Coaching provides the platform to get your relationships back on an even keel. In our coaching sessions (that are up to an hour) we follow a process of questioning that will help you to clarify any issue and the circumstances of the situation. This will lead you to considering what options are available so that you may start to solve the issue and move forward to a satisfactory resolution.

You will decide what if any action you will take and you will be responsible for the outcome. Your relationships are in your hands.

What do you choose?