

The Therapy Rooms

What is relationship coaching?

Relationship coaching helps you build warmer and closer relationships with your spouse and with the other people in your life. It gives you tools that help you get your point of view across and be heard, create a more supportive and trusting partnership and build a better bond where you currently feel frustrated, hurt and unhappy.

Relationship coaching is for:

- couples wanting to revitalise and rekindle the love in their relationship
- separated parents wanting to calmly and respectfully work together to care for their loved ones
- people wanting a better relationship with their teenager, parent-in-law, step-child, friend or business colleague.

It will give you the tools to:

- develop clear and respectful lines of communication
- keep emotionally steady and develop an arena of calm
- give each other space to explore, express your feelings and build trust
- learn how to negotiate compromises that will work for you both
- agree on a plan that will support you both to continue strengthening your relationship

You can attend as a couple or as an individual. After an introductory meeting I usually work with you separately anyway, only meeting with you together when this seems necessary.

Who offers relationship coaching?

Clare Walters