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

**Tracey Phillips**

Tracey is an extremely successful accredited Psychotherapist and Counsellor. She is a Member of the British Association for Counselling Practitioners and runs surgeries in Oxford, Sussex and Central London.

Tracey has successfully worked as a trainer with organisations such as IBM, Avis and Southern Water, running courses in Change Management, Work related stress and Conflict at Work, to name but a few.

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