



RLT Relationship Skills Boot Camp

A 2-day on-line workshop for individuals and couples. Attend alone or with your partner.

When: March 23rd and 24thth

Time: 8 am – 4:30 pm (Australian Eastern Time)

Facilitator: Julie Rudiger, LCSW, Relationallife Institute Faculty

Registration: Email julie@relationallife.com

Space is Limited, please register by 3/10/24

Cost: \$550 Individuals \$1050 couples

What you will learn:

- *Be connected and protected in relationships*
- *Let go of the Five Losing Strategies*
- *Practice Five Winning Strategies*
- *Develop healthy Listening and Responding Skills*
- *Identify where you get stuck in your present or former relationships*
- *Transform into a relationship that is based on compassion, collaboration and closeness*