

# TOPICS AVAILABLE

## COUPLES

### *Communication*

Understand its importance and styles that can push others away or bring them closer.

### *Attitude*

Overcome barriers to engagement by tapping into internal motivation.

### *Identity*

Reinforce motivation by reviewing values and life domains. Learn about your partners inner-world.

### *Appreciation*

Exploring its role in resilient relationships and its connection to neural-pathways.

### *Emotional Regulation*

Understanding the function of emotions, and strategies to recognise and work with them.

### *Taking Control*

Normalise uncomfortable emotions, and exploring tools of acceptance and positive action.

### *Neuropsychology of an Argument*

Understanding flooding and its impact on conflict, along with strategies to manage it.

### *Creative Solutions*

Reduce stress as a team by either problem solving, or understanding and validation.

### *Intimacy*

Safe, respectful, creative and fun ideas to engage from a distance.

### *Special Events*

Ideas on how to celebrate special events.

## REUNITING

### *Reality of Reuniting*

Understand factors that can affect the reunion and ways to work with them.

### *Expectations*

Normalise emotions and the importance of 'warming-up' to each other.

### *Routine*

Understand the needs of each partner, and how to integrate the away partner back into the home routine.

### *Mental Wellbeing/Check-In*

Understand mental health signs and symptoms. Reflect on reunification, and if adjustments are required.

## CHILDREN

### *Emotions & Behaviours*

Strategies for both parents to identify and support emotions within their children, along with behaviours linked to them.

### *Family Bonding & Team Work*

Parents supporting each other, and the bond between the away parent and children.

### *Solo Parenting & COVID*

Strategies for managing emotions, the changed workload, and the role the away parent can play.

### *Reuniting*

Understand what reunification means for children, and strategies to ease the process.