



SINGLES COACHING WORKSHOP

Sunday, NOVEMBER 12, 2017 - 1070 VIENNA

After conducting numerous weekend “close relationship workshops” in Brussels (see <http://www.empathies.be> under “Psychotherapy” then scroll down to link at bottom) with single persons plus some persons in a couple but attending alone, we have blended their most effective aspects with several new concepts and practices. This one-day introductory Workshop which we now offer in Vienna is the result.

The safe, protected framework of a small group like this (6-8 participants) favors the possibility for each to work at their own pace toward personal changes. Our presentations and the group sharings co-create a new way of understanding close relationships and how to handle them better.

Themes

- **How** we ourselves hinder the quality and durability of our relationships.
- **How** I tend to deal with relationship frustrations, and how my frustration-tolerance level might be increased.
- **How** old behavior-patterns of mine might be getting in my way, and how I could become more aware of the influence of certain old relationship wounds.
- **What** might be wrong with my idea of “the right person for me” and “how things should go”, e.g. on a first date, and why I am attracted over and over again to the same type of person.
- **How** I could clarify my preferences regarding a future partner in a way which prepares me for opening up soon to new possibilities - but without my focus becoming too narrow or rigid.

LANGUAGES: German and English (translated)

TRAINERS: Doris Haufler and Dr. Charles Hershkowitz, MD

VENUE: 1070 Vienna, Schottenfeldgasse 71/2; 11:00 - 19:00

COST: 95 €

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