

Relationship Workshop

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Relationship workshops in London

Enriching our Relationships with Compassionate Communication (NVC)

If you are interested in our relationship workshops, currently we suggest that you attend one of our two-day foundation trainings in Nonviolent Communication (NVC), also known as Compassionate Communication. This is a practical training where you will learn many useful skills that can be applied immediately in your relationship. Having completed the foundation training, you are welcome to attend our one day follow-up training - Enriching our Relationships with NVC, on which we deepen the core NVC skills, as well as exploring the dynamics of relationship more closely. Visit our NVC Public trainings page for more details of these trainings.

Daren De Witt and Anna Finlayson, are qualified relationship counsellors and Nonviolent Communication trainers. We believe that our intimate relationships provide us with one of the most powerful arenas for growth as human beings. This can be challenging, and from time to time we can benefit from examining the dynamics of our relationships, so that we can move to a deeper level of understanding. Our relationship workshops will help you to learn how to express yourself with your partner more clearly, and less critically, and help you to relate in a deeper, more conscious way.

You can come with your partner or on your own. You don't need to be in a current relationship either - you can explore your past relationships, or what is stopping you from being in a fulfilling relationship at this time.

Quote from a participant on a previous relationship workshop run by us:

"Thank you for Saturday's training day. It was like taking a homeopathic potency remedy that has a far reaching and powerful healing effect and a significant contribution to taking our relationship to the next level. I would highly recommend the day to couples and individuals." C. Shaw. (Feb 2008)

Background to our Relationship Workshops

Men and women are facing a challenge in their relationships never faced before in our culture. Emotional and financial empowerment finds many women no longer willing to put up with unsatisfying emotional experiences or, at the worst, abusive or violent relationships. Not surprisingly, women are the ones who initiate divorce most of the time. Alongside this, men are no longer 'secure' in their roles as the 'bread winner' or 'head of the household', and are struggling to come to terms with what's now being expected of them, from their women and their children. We no longer have to get married, or stay married, even 'for the sake of the children'. The question has become, why are we together and why should we stay together? 'Masculinity' and 'femininity' seem to be in crisis. Relationships seem to be in crisis. What do we do?

In Chinese the word for 'Crisis' also means 'an opportunity'. We believe that we now have an opportunity, as never before, for our relationships to spur us on in our growth as human beings, both personally and culturally.

About the Trainers

Daren De Witt and Anna Finlayson bring many skills to this work. We have completed a two-year specialist training in Couple Counselling and Relationship Psychotherapy, graduating with Diplomas in Creative Couplework with the Centre for Gender Psychology, with whom we are in regular supervision. We have also studied the Voice Dialogue approach to relationships. We have 9 years experience of practising and teaching Nonviolent Communication, and 10 years experience as mediators and mediation trainers. We have been in a relationship together for 13 years, which adds to the depth of experience we bring as a couple to our relationship workshops.