

INTERMEDIATE RELATIONSHIP 中級人際關係班(粵語)



*報讀本課程需要先完成基本人際關係課程

COURSE CONTENT

1. Assertive Communication (Avoid passive and aggressive communication) 明確而堅定的溝通:
 - a. How to tell your feelings, thoughts and needs without accusations and criticism 如何不帶指控與批評地說出自己的感受、想法與需要
 - b. How to give positive feedback 正面的評價
2. Give genuine compliment & constructive criticism 真誠的讚美與有建設的批評
3. Develop healthy boundaries 建立四種健康的界線
4. How to develop a trusting & intimate relationship 如何發展真正的親密、信任的關係
5. True Love 發展真愛

DATE:	JUN 3, 2020 (WEDNESDAY) 6:30 PM - 8:30 PM
SESSIONS:	22 SESSIONS
FEE:	\$561 + GST = \$589
EARLY BIRD:	\$528 + GST = \$554 (REGISTER AND PAY BEFORE MAY 22 2020)

Registration

Name: _____ Phone Number: _____

Email: _____ Course: _____

Payment method (please check one box below):

E-transfer to wiseeq@gmail.com Mail cheque to WISE EQ Center

Please submit your registration form via email to wiseeq@gmail.com or WhatsApp to (604) 618-8771.