

# INTERMEDIATE RELATIONSHIP 2

## DEVELOP HEALTHY BOUNDARY

### 中級人際關係班 2 (粵語)



CLICK HERE TO REGISTER

\*報讀本課程需要先完成基本人際關係課程

\*Prerequisite: Basic Relationship Garden

#### COURSE CONTENT

1. Myths of Boundary 界限迷思
2. The Difference Between Good Boundaries and Bad Boundaries 好的界限和壞的界限之間的區別
3. Social and physical touch Boundary 社交和身體界線  
The 12 Stages of Intimacy: tell others how close they can get to you, what kind of physical touch is okay, how much privacy you need, and how to behave in your personal space
4. Relationship Boundary 關係界限  
How to develop growth friendship:
  - o How to develop relationship from acquaintance to casual friends to close friendship to intimate friendship and eventually to soulmate
  - o Managing diversity conflict 處理不同類型衝突
5. Emotional & Mental Boundary 情感界限 - What is Emotional Blackmail (什麼是情緒勒索)
  - i. 4 faces of emotional blackmail
  - ii. 4 impacts of emotional blackmail
  - iii. 4 strategies to deal with emotional blackmail.
6. Verbal Boundary 言語界限 - Learn to use assertive communication, proper way of self-disclosure

DATE: FEB 17, 2021 (WEDNESDAY) 6:30 PM - 8:30 PM  
SESSIONS: 22 SESSIONS  
FEE: \$561 + GST = \$589  
EARLY BIRD: \$528 + GST = \$554 (REGISTER AND PAY BEFORE FEB 10, 2021)

CLICK HERE TO REGISTER

#### 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.