



## GROWING STRONGER RELATIONSHIPS

- *Have you wondered what it's like to be in a healthy, caring, loving relationship?*
- *Have you and your partner been struggling with the same unhealthy patterns in your relationship for years?*
- *Would you like to learn how to communicate, advocate for yourself, or resolve conflicts effectively?*
- *Have you connected with the deeper and more sensitive parts of yourself and been able to share them with others in meaningful ways?*

Just as gardens need specific conditions to grow and thrive, our relationships do too! In this seminar, you will learn specific information and skills to grow a more understanding, collaborative and loving partnership strong enough to withstand the day-to-day pressures of work, financial responsibilities, raising a family, and more.

This seminar is for individuals and couples, no matter the status of their relationship. A survey will be sent out in advance, asking participants for specific concerns that they would like addressed during the seminar.

Trevor Huskey, LCSW is offering this one-day relationship seminar on Saturday May 18 from 9 AM to 5 PM, that will review the fundamental aspects of a committed relationship and provide numerous examples of healthy and unhealthy dynamics from his 26 years of experience working as an outpatient therapist, school social worker, crisis counselor, and specializing in anxiety and emotional trauma. Mr Huskey has facilitated a parent group and presented at local libraries, UW-Waukesha, and other institutions of learning on the above and other topics including ADHD. Numerous handouts will be available.

### AGENDA: FOUR WAYS TO TEND YOUR GARDEN

#### 1. CHECK THE HEALTH OF YOUR PLANTS

Couples will complete an inventory that explores the 8 main aspects of an interpersonal relationship (money, intimacy, parenting, household, etc.) to generate important insight, help prioritize areas that will strengthen your relationship, recognize and celebrate strengths. This area will also explore any health/mental health issues that are running interference in the relationship and how better to ally one another against them.

## 2. MAKE SURE YOU GIVE YOUR PLANTS ENOUGH WATER

Plants basic needs to grow and thrive. So do we! Couples will learn about the 9 different temperament traits that are the foundation to one's personality so they can determine how well their own temperaments align. Through this awareness, couples can learn how to leverage their positive qualities and minimize negative clashes.

## LUNCH ON YOUR OWN from 12-1 pm

## 3. PROPERLY TREAT YOUR SOIL

Plants also need healthy soil to thrive and values are the soil we need to thrive in is our values. Values are the other half of our personality, and if we are aware of them, we can stand on them and use them for good. Couples will explore and identify their values and how to lean into one another's values in the best interest of the relationship.

## 4. PULL OUT THE WEEDS.

Left unattended, weeds can destroy a garden. Communication is one of the two main aspects of the human condition (problem-solving is the other); unfortunately most people are not familiar with the ins and outs of this very straight-forward skill that anyone can improve on. By practicing healthy communication skills, we can weed out the conditions that put a strain on our relationship. Participants will hone their communication, and hence problem solving skills, so they can have open and calm conversations with their partners.

After covering all four of these aspects of a relationship, there will be a wrap-up and open discussion of what was most helpful and what everyone will utilize to help improve their relationship in meaningful ways. Each person is advised to bring two sets of two different colored pens, note pad or computer to take notes on, an open mindset, and a willingness to participate openly within the group; the latter is what will make the group as good of an experience as possible. Handouts will be provided in advance via email.

- The fee is \$200 each per person, and a minimum of 8 people need to sign up in order for the seminar to take place.
- Cancellation accepted until 72 hours in advance.
- A \$50 registration fee will applied to cancellations and not be refunded.
- All paperwork must be filled out in advance of attending the seminar.
- The seminar is located in the conference room by Hope For A Better Tomorrow at 2607 N Grandview Blvd in Waukesha.
- You can contact Trevor Huskey on his cell phone at 262 720 6658.

