



Facilitating your own Relationship with Kate Jobe

Place: Binzstrasse 9, 1st floor 8045 Zurich	Dates / Times: Friday, 06.11.2020 17.45 - 20.45 h Saturday, 07.11.2020 10.00 - 17.30 h Sunday, 08.11.2020 10.00 - 17.00 h
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[To participate in the seminar, please register here.](#)

Facilitating your own relationships means working with yourself and other person on a relationship problem you both have together. A relationship conflict that is approached with awareness and courage is a potential gift. Especially when you have the skills to facilitate yourself and the other person you can turn it from a painful experience to an enriching one. As therapists and coaches we need these skills as we engage with clients and those around them. With our friends and families we need awareness and fluidity as well as being able to take our own side, especially as Covid times disrupt normal contact patterns.

In this workshop we will:

Work on our own relationships within the group and with difficult or impossible people in our lives outside of the group. There will be demonstrations of work in the center, skill building exercises including innerwork and dyads.

We will learn about

- Signals showing growing edges in the relationship
- Working at edges in yourself and the other person
- Awareness of typical patterns in language, movement and positions
- Working on background attitudes and willingness to enter the relationship

Kate Jobe is a senior teacher and facilitator of Processwork. Over the past 10 years she has taught monthly online classes on working on your own relationship in various corners of the Earth. She finds the challenges of facilitating relationship interactions that you are yourself involved in, one of the most satisfying and affirming experiences of her life.