



Conflict Coaching - Partner/Family scenario

Jane moved in with her partner Dan, and after a few months she noticed that whenever the bills had to be paid, they would end up arguing. Jane began to dread these discussions, and Dan started spending longer hours at work to avoid them.

This affected all other aspects of their relationship, so Jane sought help through Conflict Coaching. Over several sessions she gained insights into her own needs and Dan's intentions, was able to recognise her own and Dan's triggers, and how to maintain calm. She then managed to structure the 'money' conversation much more positively, and actually started looking forward to those discussions. Jane passed on to Dan the skills developed in the Coaching sessions, which they used in other aspects of their relationship.