

SUCCESSFUL MARRIAGE

Factsheet - 1 Day Workshop towards a “Successful Marriage”

Workshop outline:

The workshop is designed for those people who are unhappy with their marriage for various different reasons. The reasons may be – lack of romance, frequent fights, dull sex life, children (or no children), career, money, stress, alcohol & drug abuse, domestic violence, depression, compulsive gambling, incompatibility, unrealistic expectations from the marriage, communication breakdown, in-laws, parents, midlife crisis, infidelity, extramarital affairs, friendship with the opposite sex, rhythms & quirks, retirement planning and many more.

During the course of this workshop, using a combination of presentation slides, discussions and exercises; we are confident that individuals and couples will develop a practical understanding of the key problems pertaining to their marriage and will be able to solve them in the best possible ways.

Learning Objectives:

- Taking a candid look at marriage
- Building blocks of a realistic marriage
- Importance of communication in a marriage
- Marriage and sex life
- Examining the marriage life cycle
- Family planning
- Midlife crisis
- Divorce, remarriage & stepfamilies
- Roles of stress, money, extramarital affairs, infidelity in a marriage
- Importance of professional outside help in a marriage
- Top 10 tips to achieve a successful marriage

Who should attend:

- Unhappy wife
- Unhappy husband
- Unhappy couple

About the trainer:

Dr. Perna Kohli is a holder of BA (Hon.) & MA in Psychology, M Phil as well as Doctorate in Clinical Psychology. She has been pursuing private practice as a Clinical Psychologist since 1993 and been associated with a Global Wellness Company since 2000 in the capacity of Consulting Advisor. She is a life member of Association of Clinical Psychologists of India. Dr. Kohli is a Certified Coach Trainer, Corporate Trainer & Teacher Trainer for Louise Hayes’ Heal Your Life, Certified in Advance DNA 1 & 2 for Theta Healing & Certified in Organization Development Alternatives (ODA) for Executive Life Coaching & Hypnotherapy. She is also members of the Censor Board, Ministry of Information and Broadcasting (GOI) since 2014 and of the Internal Complaints Committee (ICC) in Press Information Bureau (PIB) since 2015. During the period of 2012-13, she was the Head for CII Committee on Core Issues of Women. Since 2014, she has been associated with CII/NSDC/Ministry of Skill Development, GOI as the Mind Trainer- Beauty & Wellness Sector Skill Council. She has been actively associated with numerous NGOs and was the Founder Member of Vishakha Committee against Sexual Harassment of Women. Since 2015, she is also a Member of the Governing Council of the Sunshine World Schools, Goa. Till date Dr. Kohli has delivered more that 250 man days of workshops.

For further information please call or email us.