



# RELATIONSHIP MANAGEMENT RAISE YOUR EQ!





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# RELATIONSHIP MANAGEMENT RAISE YOUR EQ!

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## ITS ABOUT UNDERSTANDING YOU

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals.



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## SELF AWARE AND SELF REGULATION

You've seen them: The people who appear to be cool as a cucumber on deadline. Those who handle awkward family dinners with grace. The ones that get where you're coming from, without you having to say a lot. If you're self-aware, you can see your own patterns of behaviours and motives. You know how your emotions and actions impact those around you, for better or worse. If you can self-regulate, your emotional reactions are in proportion to the given circumstances.

# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.



*"The path is made by walking on it"*

# THE COURSE

Humans are social beings. Relationships are important to us and help define who we are and who we are not. In our next 6 weeks, we will be gathering together to Raise Your EQ by exploring Social Intelligence and how to better manage relationships across your life. Building strong relationships contributes to our mental wellness. To live a happy life we require good and happy relationships with people.

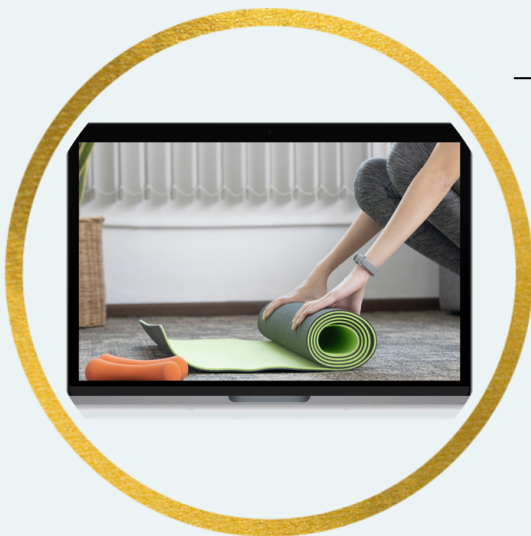
We can always improve our interpersonal skills and communication skills and that's what I want to help you to do. Let's have some fun as we learn deeply together!

## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

*"When we do it together, we feel better together"*

# THE COURSE

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## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*



## Week 1 - What Makes Relationships Great?

- Good communication enhances relationships.
- Listen – we have two ears and one tongue .... Let's take the hint!
- Active listening – reflecting back so people feel heard.
- Good communication minimises rumination and stewing in your thoughts and feelings.
- Self-disclosure fosters intimacy – but be wary of overwhelming people.
- Improving the emotional climate
- 'I' statements vs 'You' statements.
- Do vs Don't

## Week 2 - The Four Horsemen of The Apocalypse (The 4 Killers of Relationships)

- Love is an ACTION, not just a FEELING
- Kindness is LOVE made VISIBLE
- The work of Professor John Gottman.
- Communication patterns that predict relationship failure.
- What you can do to turn things around.
- Healing Yourself from the effects of The Four Horsemen.

## Week 3 - Successful Marriages/Partnerships

- The 7 Secrets of Success
- Where do the changes need to be?
- Focus is Ki
- EFT to heal and improve relationships

## Week 4 - Forgiveness

- Values in Relationships
- Values Trespass
- The corrosive effect of unforgiveness – the work of Dr Caroline Myss
- A Forgiveness Ritual

## Week 5 - Influencing Relationships

- Rapport
- Linguistic Rapport
- Rapport and Influence
- Language Patterns of Influence – Part 1
- Improving communications

## Week 6 - The Language of Influence

- Love patterns in language
- Togetherness and fostering intimacy
- Making memories
- The Four Agreements



# YOUR JOURNEY

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## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

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## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

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## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

# YOUR COACH



## Kathryn Temple

The Success & Happiness Psychologist

**Expertise: Psychology, Psychotherapy, Hypnotherapy, NLP, EFT, Havening, Leadership, Success & Happiness.**

International Success & Happiness Psychologist Kath Temple is a warm, inspiring, positive powerhouse award-winning entrepreneur!

Kath is extremely well qualified, she is a Business Psychologist, Organisational & Occupational Psychologist and founder of Lifelong Learning Company, The Happiness Foundation, Happiness Magazine and Temple Alternatives.

Kath is also a member of the British Psychological Society, including the Coaching Division, EFT International, Society of NLP and the International Coach Federation.

"One wild and precious life - live your best one as your best self!"

# YOUR NOTES

WEEK 1

# YOUR NOTES

WEEK 2



# YOUR NOTES

WEEK 3

# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5

# YOUR NOTES

WEEK 6



