



For one partner of the relationship

Partner coaching offers the opportunity to first clarify for ourselves where we stand in the relationship and how to change our position within it. Do we see the need for a new momentum for ourselves and thus also for the relationship?

Maybe the partner is not ready yet for a joint relationship counseling so we go ahead by taking this first step on our own. Even within a couple counseling, it may make sense to work one-on-one on a specific topic or to develop new personal skills.

Possible goals for partner coachings:

Find relief

- facilitation of change processes
- gain clarity about whether and how a relationship can be continued
- coping strategies in case of infidelity
- overcoming speechlessness and reticence in the relationship

Discover new directions

- rediscover love and joy of life
- overcome unwanted behavioural patterns
- leave behind partnership routines and boredom
- develop new skills such as how to say "no"

Strengthen your own position

- find more contentedness
- define your needs clearly and implement them
- develop new self confidence
- meet demands more relaxed

To be loved makes us strong. To love, makes us brave.
(Lao Tzu)