

Caravan Counselling

What are the objectives of this workshop?

Understand your own and your partner's needs

Realize what holds you back and what motivates you

Learn to be friends with each other

Know the key elements of a healthy strong relationship

Discover the 5 essentials must-have traits in each partner

Discover the 3 critical steps to reach a loving relationship



☎ 306.242.6688
✉ info@caravancounselling.com
🌐 www.caravancounselling.com

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Who benefits from this workshop?

You will benefit,
IF YOU WANT TO...

Have an equal partnership

Effectively communicate your thoughts with your partner

Have a peace of mind in your relationship

Avoid getting into same arguments over and over

Foster emotional reliability

Peacefully talk about and resolve conflicts

Have conversations instead of frequent fights

Foster listening and understanding

Be able to bounce back from bad emotional states

Foster connections when one partner is emotionally withdrawn or unavailable

Learn to turn blame or criticism to positive connections

Learn how to deal with a far too sensitive personality

Revitalize or take your relationship to the next step

Empower yourself and your partner

Learn how to keep and grow the passion in your life

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FOSTERING PASSION AND UNDERSTANDING IN A RELATIONSHIP



Giti Caravan

M.Ed. (Psych) CCP (Certified Counsellor and Psychotherapist), Author

Saskatchewan's first and only certified neuro-Linguistic programming (NLP) trainer, and hypnotherapy trainer, and Master NLP coach by the American Board of NLP, and American Board of Hypnotherapy

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Why is this a “must take” workshop?

Are you looking for love and passion in your relationship?

Understand what makes your relationship out of control, learn how to gain control over the direction of your emotional experience in order to grow love and passion.

Are you nurturing the best or worst out of each other in your relationship?

Discover once and for all what creates pain in your relationship, and develop the strength and ability to nurture the best in you and in your partner.

Are you ready to resolve your conflicts and build a strong bond with your partner?

Become aware of your old patterns and emotions that are causing you pain. Learn to instantly replace them with new, empowering emotional states that will allow you to form strong bonds.

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Why is this a “must take” workshop?

Are you ready for transformation?

Discover the map of your relationship, what motivates you and what holds you back; you might be surprised! Learn effective strategies to use this new knowledge to transform your relationship.

Are you ready to thrive in your relationship?

Imagine feeling that you are the leader of your own experience, totally in control of each moment of your life. Learn to live every day with peace and contentment and to take your emotional life towards understanding one another.

Revolutionize your relationship!

Learn about the forces that control all relationships, know how to connect at a deeper level with your partner, and how to either find and create a passionate relationship or reignite the passion in your current relationship.

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Your Trainer **Giti Caravan**

Giti Caravan draws on her thirty years of experience as a psychotherapist, counselor, business consultant, trainer of hypnotherapy, Timeline therapy and neuro-linguistic programming and leadership coach to share proven processes, procedures, and steps to achieve more than you ever thought possible.

She provides applicable knowledge and practical strategies, and changes your mindset:

Concepts are explained in an easy-to-apply manner and are designed to help you create a system to reach your goals—no matter what they are or how impossible they seem.

Get simple strategies to boosting your confidence and start embracing all that's possible with the lessons in Building Unshakable Confidence.

Giti Caravan is a psychotherapist, counselor, business consultant, hypnotherapy, and neuro-linguistic programming trainer and leadership coach who helps people turn pain into wisdom. Building unshakable Confidence is the result of her thousands of encounters with clients of all walks of life throughout her thirty-year career.

Learn confidence from an expert. Giti Caravan a leading confidence coach in Canada and a best-selling author. Her book '12 Key steps to build high Self-Confidence' is available worldwide.

Her practical techniques have proved that, whatever your situation, confidence really is a skill you can learn and her trusted formula for building unshakable confidence has helped thousands of people worldwide. What gives Giti Caravan her unique edge is her ability to make confidence building learnable, even for people who see the challenge as pretty well impossible.

This Self-Confidence program enables you to express yourself in a clear and empowering way. You need the confidence to feel happy in every areas of your life. You will also gain knowledge on different techniques to communicate in a respectful and assertive approach, without appearing overly ambitious or aggressive.

Overall, individuals who have undergone this training reported that this course has changed their lives.

Self Confidence Training Course is now available in the Giti Caravan for in house training.

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