

A close-up photograph of a person's hand holding a green pencil over an open notebook. The background is blurred, showing colorful sticky notes in shades of green, yellow, and pink. The image is overlaid with a white rectangular box containing text.

# **CREATE POSITIVE RELATIONSHIPS**

Be there for your child when it really counts using parenting tools

# The Four Horsemen Workshop

Avoid the “The Four Horsemen and learn how to prevent: Criticism, Defensiveness, Contempt & Stonewalling.”

The metaphor of “The Four Horsemen” describes **communication styles** that can predict the end of a relationship. It’s not the appearance of conflict, but rather how it’s managed that predicts the success or failure of a relationship.

We say “**manage**” conflict rather than “resolve,” because relationship conflict is natural and has functional, positive aspects.

The workshop helps set the tone for the entire relationship!

You will identify the four poisonous communication patterns that as parents and couples we fall prey to, and gives us the antidotes for each.

# Benefits

## - Self-knowledge - self-awareness

The **first step** to prevent old habits and learn new ones is **awareness** of our behaviors and communication patterns.

## - Tools

The **second step** is to **learn new ways** of behaving and communicating responsibly:

## - Integration

The **third step** is to **integrate** the learning in our day to day and “fail tremendously”-failure will lead you to success. Share your learnings with your children and make it fun.

## - Improved Relationships GUARENTEED

# Content

I. **The Four Horsemen:** Criticism, Defensiveness, Contempt & Stonewalling.

II. **Why** do we act in a reactive manner?

III. **How to take the reins:** the antidotes. We will delve into specially designed antidotes for each behavior.

IV. **How to apply** what we have learned and transmit it to our children?

# Methodology

**DIDACTICS:** a sufficient theoretical base will be provided to integrate the main phase that is "experiential".

**CREATIVE:** through "experience" each participant will create their own method of expression.

**LUDIC LEARNING:** Play to learn & learn to play. Group play and participation as fundamental tools for learning

# Duration

12 Workshops . Thursdays from 7:00 p.m. to 9:00 p.m.

**Starts on March 1st. until May 17th.**

# Number of participants

Small groups of 20-25 people



# Price

- Each session - € 43 € 36 special price for BSB Parents

**Association**

- Full program of 12 workshops - 432 € € 360 special price BSB Parents Association

# Team

Patricia Carbonell-Bamford, Lita Muñoz & Marta Cisneros.  
**Certified Professional Coaches.**

*"Designing transformational learning experiences"*



**Get in contact with us.  
We are happy to listen  
to you.**

**+34 609294477**

**info@educardisfrutando.com**



In collaboration with



**[www.educardisfrutando.com](http://www.educardisfrutando.com)**