



Relationship Coaching

Program Outline

Relationships need to be managed. When people are not aware of the optimal ways to understand each other, the relationship is left to chance with the result of luck playing too big a role in the success or failure of the relationship.

Relationship Management

Shadowmatch Relationship Coaches help their clients to understand each other better and do some practical work as an act of practical relationship management. Keep in mind that all relationships need to be managed. Sometimes people manage their relationships very easily and sometimes it takes much more effort. In some instances relationships become challenged because the individuals in the relationship do not manage the relationship properly.

A Better Future Relationship

Your Shadowmatch Relationship Coach focusses on a better future relationship without delving into the problem history or even the positive history of the relationship.

The Process Focusses On The Following Components:

1

Getting a better understanding of habits is the underlying framework of this coaching process. Your Shadowmatch Full Report provides a detailed report about your habits and the discussion with your coach will continuously reflect on your habits.

2

Your coach will help you with practical actions to ensure that habits that are close to the same intensity are used to build the relationship. These discussions will focus on the future success of the relationship and never as a reason to explain the past.

3

There are areas where the habits of people in a specific relationship are more than just slightly different. These habits can become frustrating. Your coach will guide you to use these differences as relationship building blocks and not as relationship frustrators.

4

Your relationship coaching process will also help you to understand the value of habits that are drastically different. It is in this area where relationships can easily become frustrating for those involved. But, these differences can become the most powerful building blocks towards a strong and fulfilling relationship. This could sound like the challenging part of the process but it is actually the easy part. Your coach will guide you.

It Takes Work

Keep in mind that Shadowmatch Coaching steers away from the idea that talking about relationship problems and difficulties fixes the relationship. In fact, Shadowmatch works assertively with the principle that talking about negative stuff creates more negative energy that could become seriously destructive for the relationship. The Shadowmatch position is that we must take action to improve anything we do or anything we want to achieve. We have to do the hard work. If you want a better relationship, you must be willing to do the hard work and actively manage the relationship to be fulfilling, friendly, positive and sustainable.