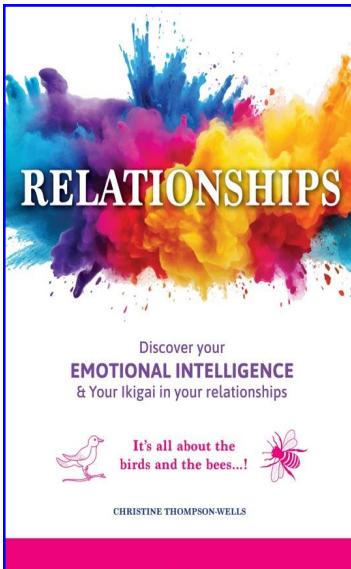


This Seminar & Talk is brought to you from How2Books & Full Potential Education & Training.

Presented by Christine Thompson-Wells, BA Ed DIP of Ed MACEA, internationally accredited CPD educator, sexologist and psychologist, author of over 60 self and life-improvement books for children and adults.

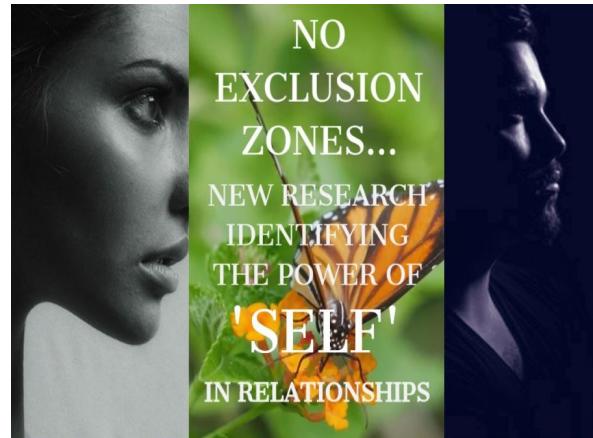


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## LET'S TALK...

- \*RELATIONSHIPS
- \*DYNAMICS
- \*UNDERSTANDING
- \*TOOLS FOR SUCCESS
- \*YOUR JOURNEY



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## SEMINAR & TALK

### BUILDING RELATIONSHIPS FROM THE 'INSIDE OUT'

Relationships are vital to human well-being. It is understanding that different relationships require different ways of understanding. Within most adult relationships, there are 5 Intimacy components or parts. Each part needs to be understood. The Seminar & Talk delves into the inner parts of our human mind construction to unravel many relationship mysteries.

#### The 5 Types of Intimacy

**Physical intimacy** includes physical touch (both sexual and non-sexual) such as intercourse, kissing, hugs, cuddling, sitting close together, or holding hands.

**Emotional intimacy** involves the honest sharing of your thoughts, feelings, fears, hopes, and dreams and feeling heard and understood by another person.

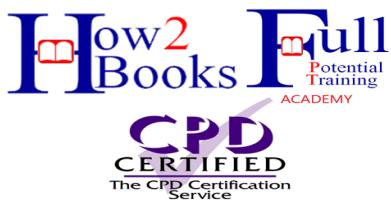
**Intellectual intimacy** involves communicating beliefs, viewpoints, and ideas to stimulate curiosity, interest, and acceptance (despite possibly differing vantage points).

**Experiential intimacy** involves doing something together that creates a shared experience or allows teamwork toward a common goal.

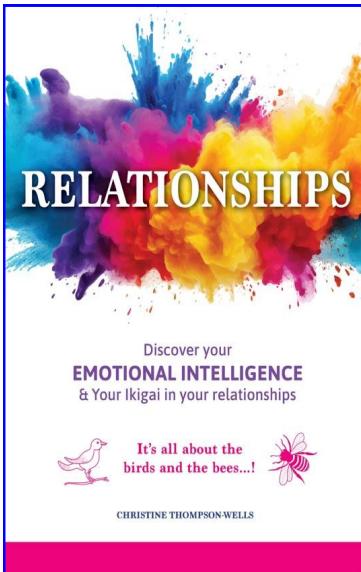
**Spiritual intimacy** involves sharing moments that inspire awe, wonder, or acknowledgment of something bigger than yourself.

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[www.fullpotentialtraining.com.au](http://www.fullpotentialtraining.com.au)



## LET'S TALK...



**Building Life &  
Knowledge Skills  
For The Future**

### THE OBJECTIVE OF THE SEMINAR & TALK

**OBJECTIVE:** Is to allow you time to re-evaluate where you are now and where you want to make changes in your life...

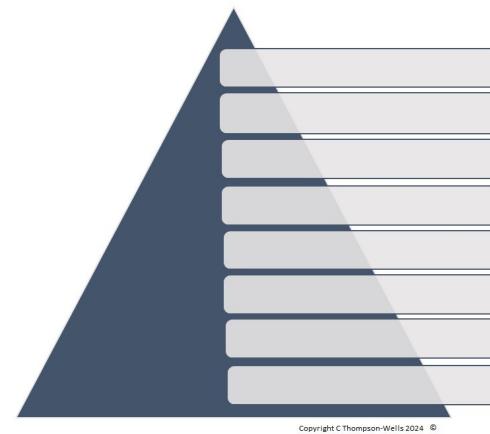
**OUTCOME:** Through life and life experiences we all change and modify our behaviour. We each have choices we can make if we want change, those choices are: 1) we can each learn and grow and become stronger if we have the ability to work with the changes , or 2) we can choose not to allow the changes which may result in feeling angry and carry continued hurt that adds to sickness, unhappiness and being resentful.

By choosing number 1, we immediately open our mind and heart to new opportunities in life, we lessen the load of hurt within our brain, mind and body and we literally have turned over a new leaf or page in life.

Having said the above, when each of us experience hurt and pain, out of respect for our hearts, mind and body, we each need to give ourselves the time to heal and re-evaluate life.

**Disclaimer,** as with all forms of education & training, the delegate will only gain from their learning if they invest time and effort on what needs to be learned.

## LET'S TALK...



### YOUR MIND PYRAMID OF VALUES

The Seminar & Talk will introduce you to the Mind Pyramid seen in the above.

### RELATIONSHIPS ARE AN IMPORTANT TO HUMAN SURVIVAL....



### THERE'S MORE TO RELATIONSHIPS THAN SEX...

Each person is different and each person wants from their relationships, different experiences, and not all relationships are of a sexual nature!



The Seminar & Talk are an introduction to what is a large and complicated subject.

There are 'NO' Exclusion Zones when it comes to keeping ourselves, family and loved ones safe.

Every grain of quality and informed information adults learn is of value to others.

So, please join me in these Seminars, Talks and Workshops. All our information comes from the cross-referenced medical and health care research done to write, produce and publish out books at How2Books.