

When you meet us

Not sure if relationship coaching is for you?

Call or meet us for a FREE 'no obligation' 20 minute chat.

A one-to-one coaching session is helpful if:

- You need support to help you cope with separation or divorce.
- Only one of you is ready to seek help at the moment
- You have some personal issues to deal with first, or which emerge as you work together.

A two-to-two couple coaching session provides a safe space for negotiation and exploration of where you are now and where you want to be.

Having four people round the table together avoids one person feeling 'left out in the cold'

After one session with Nigel and Jenny our work partner noticed such a difference he offered to pay for the next visit.'

Couple, Eastleigh

'...my mind which had been frozen for so long became unlocked and the cause of my insomnia and unhappiness became very clear to me... Support from Nigel has opened new doors in my life. The changes I have made are truly remarkable. I can only thank Nigel for helping me transform my life and discovering the real me.'

Single lady (now), Winchester

Call us today

on 0800 298 5938 for a free chat
or visit: www.thehappyrelationship.co.uk

Who?



Nigel and Jenny Heath are the architects of the Happy Relationship Company's approach.

By experience and training they are both experts in communication, believing in life-long learning and development. They have many skills in leading edge personal development techniques and are both Master Practitioners of Neuro-linguistic programming (NLP).

Jenny has a post graduate Diploma in Management Studies. She has led and developed people in the public sector through times of considerable change. Embedding improvement across the organisation, she also championed equality and diversity at work. She is a highly experienced manager, whose empathetic coaching enabled team members to develop beyond expectations.

Nigel is a business graduate with 15 years' experience in sales and marketing. As well as NLP he has an RSA in counselling and is a qualified life coach. He has spent the last 14 years working as a therapist / coach helping people discover their own unique strengths, realise their potential and achieve their goals.

He has a knack of pinpointing the key areas for change.

unhappy at home?

Call us FREE to see how we can help



THE
HAPPYRELATIONSHIP
COMPANY

Drifting apart?

Taken for granted?

Children ruling the roost?

When?

Separation and divorce

Some relationships cannot be saved. When you are going through divorce, it's as though the rest of your life is put on hold and it seems to drag on forever. Your pain may spread to your family, your children, your friends and your colleagues.

Your disappointment, anger, fears and sense of failure are natural at this time. There is a danger that these turn into lasting bitterness or regret which prevent you opening up and trusting others again.

You have choices to make about the actions you must take now. The spirit in which you make these decisions will affect your capacity to move on.

Other relationship challenges

Teenage children, bereavement, wider family conflicts, or even writing your wills are just some of the things that may cause stress to your relationship.

What?

A small investment now can significantly improve your relationships and your happiness.

Non-judgemental support from caring professionals can help you work through your difficult time quickly:

- To become clear about what you really want
- To deal with different viewpoints which put your relationship at risk
- To look forward to success in your new life and relationships.

How?

The Happy Relationship Company are relationship specialists.

We focus on the actual responses and behaviours that cause tension and can be changed. We draw on clinical research into relationships and use cutting edge, personal development technologies to build a package of support that suits your situation.

Every coaching session is different because every person and every relationship is different..

By focusing on the processes at play in your relationship and not the content of your problems, we give you new strategies that will bring about lasting change;

Our coaching improves communication and behaviour and offers a broader range of responses in stressful situations;

We observe patterns in your relationship that may have become habitual and give you 'homework' to practice new and more useful ways of being.

