








**WORKSHOP**

# Communication in Relationships

-  27 FEB 2025
-  5:00-9:00 pm
-  The Inner Space
-  120
-  +96181904934

## Workshop Objective

Led by Dr. Maysar Saredine and Nour Fayad, this workshop tackles one of the most common challenges in relationships: communication. It's not just about expressing how we feel, but about truly listening. Most conflicts arise when we listen to respond rather than to understand. Discover, from a Spiritual Psychology perspective, how effective communication can transform relationships by building deeper trust and connection.

## This workshop is for you if

Individuals seeking stronger personal or professional relationships.

Couples wanting to build deeper emotional connections.

Anyone curious about transforming their communication style.

Those ready to shift from misunderstandings to meaningful dialogue.

People passionate about personal growth and self-awareness.



## What You'll Gain

### **PRACTICAL TOOLS**

to communicate authentically and effectively.

### **A DEEPER UNDERSTANDING**

of how your perceptions shape your interactions.

### **SKILLS TO LISTEN**

with empathy and respond with clarity.

### **INSIGHTS INTO**

your unique communication style and values.

### **PRACTICAL EXERCISES**

to transform judgment into connection.

## What to Expect

**Honest and interactive group discussions to explore communication patterns.**

**Fun and insightful exercises to shift your perspective.**

**Hands-on tools to identify your communication style and align with your core values.**

**A supportive and welcoming environment for personal growth.**

**Meditation to help you feel centered and inspired.**

## Reserve Your Spot

**Spaces are limited to ensure an intimate and engaging experience.**

**Call or message us at  
+961 81 904934 to RSVP.**

**How to RSVP:**

- **Call or WhatsApp us at +961 3 81904934.**
- **Email us at [info@theinnerspace.me](mailto:info@theinnerspace.me).**
- **Visit our website at [www.theinnerspace.me](http://www.theinnerspace.me).**