

Relationships 101

Relationships are a skill that you can develop, and we would like to help! Join Steve and Julia Kooy for an open, honest, and interactive discussion about family, friends, and dating relationships.

The format will consist of 4 sessions with teaching components based on the book “Real Relationships”, as well as fun and informative personal exercises (don’t worry no one else will see them) and an open session where you can bring your real life questions.

You Complete Me (Chp 1)

“If you try to find intimacy with another person before achieving a sense of identity on your own, all your relationships become an attempt to complete yourself”

In this session, we will talk about how no one else can give you an identity or make you whole as well as teach on how you can become whole.

How Family Shapes Us (Chp 2)

“No other relationship shapes who we are more than our family. Most of what we think, feel, say and do is in response to the home we grew up in. Every aspect of our lives is influenced by family- whether we know it or not. If left unexamined, it will last a lifetime and shape every relationship you try to cultivate”.

In this session we will look at three R’s: Rules, Roles and Relationships as well as examine how our early family influences still affect our present relationships.

Gender and Friendships (Chp 3-5)

Can men and women just be friends? What are the right kinds of friends and how can you be a good friend? And what to do when friendships fail.

In this session we will look at what your Gender IQ is: how well do you know the opposite sex?

Love IQ (Chp 6-8)

“Have you ever considered how ‘love’ smart you are? If left to your own devices, would you make wise romantic relationship choices?”

In this session we will talk about your falling in love without losing your mind, sex, and breaking up without falling apart.