

Couple: the difficult balance between belonging and individuation

Our world is changing, and so are its marital issues, what seemed certain yesterday is less certain today, especially in couple relationships.

We often grew up in families in which models of couples assigned, for generations and with certainty, such and such a role to the man or the woman.

Today those certainties are shattered, for better or for worse ...

To see clearly in these uncertainties, I offer you a one day training during which we will discuss the different areas of the couple's pitfalls such as:

- Between parenthood and conjugality: how to navigate?
- Between seduction and affection: how not to get lost?
- The stages of the couple's development: how to evolve together in these stages?
- "I love you but not to the point of...": How to mark healthy boundaries within the couple?
- And many others...