

# Resolving Conflict in Intimate Relationships



## Are you and your partner drifting apart?

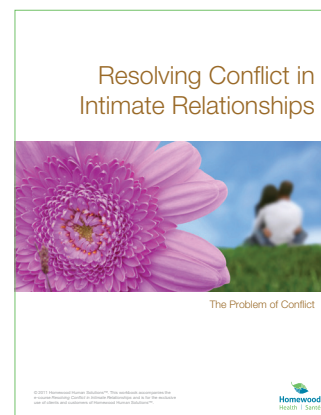
Are you feeling increasingly disconnected from your partner? Are you questioning whether you should stay in your relationship? Are you looking for ways to enhance your relationship? There is good news. The task of achieving and maintaining a happy and stable relationship is not a mystery. While there are many potential pitfalls that can derail any relationship, it is possible to avoid these pitfalls if you have a reliable roadmap to follow.

### Course Contents

- Learn the building blocks of constructive conflict resolution.
- Learn the destructive forces that lead to communication breakdown.
- Learn strategies to de-escalate conflict and reduce emotional upset.
- Learn strategies to develop goodwill and strengthen friendship.

### Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



**ENROLL NOW!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at [www.homewoodhealth.com](http://www.homewoodhealth.com).

Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).



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