
Josephine's Tips Towards Building Better Relationships



Josephine Byrnes-Luna
Professional Counsellor/Therapeutic Coach



'Helping To Restore Balance'
Personally & Professionally

Even the best relationships are not without their challenges. Long-lasting, healthy relationships are the result of hard work – but sometimes they need a little guidance.

Josephine takes the time to understand you and your situation. Relationships can come in many forms and Josephine will work with all involved and who want to be helped in the relationship.

Counselling / therapy with Josephine can help you to:

- Improve communication
- Resolve conflict
- Heal after a relationship breakdown
- Build a better future
- Develop a deeper understanding of yourself and others.



What is a Relationship?

A relationship is a connection between people and this connection can be with a:

- Loved one
- Husband
- Wife
- Parent
- Child
- Sibling
- Neighbour
- Work colleague
- Good friend or
- Another family member

A relationship is a living thing and requires attention and nurturing in order to grow and flourish healthily, otherwise it can wither away and die.

You need to be prepared to plan and nurture your relationship.

Work at it continually ensuring it is ***well balanced and maintained – together.***

Josephine Byrnes-Luna

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Specialising in:

Personal & Relationship Coaching and Counselling
Childhood Development and Parenting
Workplace and Career Coaching and Counselling
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All relationships will benefit from –

- Having a healthy balance of work, rest, play and romance
 - Having mutual acceptance and respect for each others thoughts and views
 - Agreeing to disagree in some circumstances
 - Taking the time to stand back and look at things from each other's perspective
 - Willingness to listen to each other without interruption – no matter how hard it can seem at times.
 - Sharing all the aspects of a relationship
 - Finding a balance between things that are planned and those that are spontaneous.
 - Knowing that spontaneity can be fun
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- **Getting help.** This is a good thing, but sooner rather than later is more helpful.
- Making a special time for each other every week, **no excuses!**
- Growing together



Acknowledgements:-
'Ken Warren & Associates'
The Relationship Specialists- www.kenwarren.com.au
