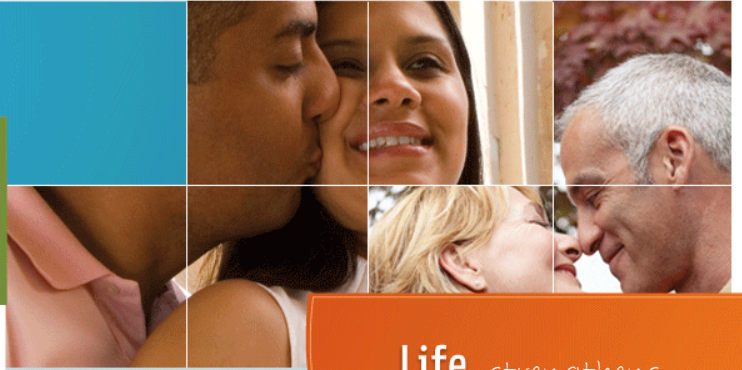


June 2009

HERE'S TO

you.

Provided by LifeWorks



Life *strengthens* \_\_\_\_\_ .

## Couples

Having someone to love and support you throughout the challenges and transitions of life is a special gift. But it takes effort to keep a committed relationship healthy and strong.

Call LifeWorks to speak with a consultant who can help you:

- Communicate and resolve conflicts more effectively
- Learn what it takes to build intimacy with your partner
- Think through important decisions you may be facing with your partner
- Maintain a healthy relationship in times of stress

Visit [www.lifeworks.com](http://www.lifeworks.com) to take the *What's your Communication Style?* self-assessment, which is designed to help you understand your communication style and how it affects your relationships with other people.



## You can also read or download these informative articles:

(User ID and password provided below)

- **Communicating as a Couple-** Good communication is one of the essentials for a strong relationship. [Read more](#)
- **Building a Positive Relationship with Your Partner-** You've both got jobs to do, a household to run, and maybe even children to raise. [Read more](#)
- **When a Couple Is Under Stress-** For most couples, stress is a normal part of life. But sometimes couples may feel as though they are under so much stress that it is affecting their relationship. [Read more](#)
- **Couples Counseling-** If you are considering couples counseling, you may have lots of questions. What happens in couples counseling sessions? [Read more](#)
- **Learning to Be More Assertive-** Being assertive is a way of treating yourself as fairly as you would treat anyone else. [Read more](#)
- **Sharing Household Responsibilities-** In many families, it's common for one person to feel burdened with what seems like an unfair share of household work. [Read more](#)

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Visit [www.lifeworks.com](http://www.lifeworks.com)

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