

## PUBLIC LECTURE

# PREPARING FOR COMMITTED RELATIONSHIPS

NIMHANS CENTRE FOR WELL-BEING (NCWB)



**Date: 07/01/2022**

**Time: 4.00PM**



## SPEAKER

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Bengaluru.**

- Committed relationships continue to evolve in an ever changing world. These can often be fulfilling on the one hand, but also confusing and challenging on the other. Sometimes, this can result in high degree of distress for the individuals involved and also their loved ones.
- Learning to navigate these challenges can often enable in forming wholesome, long-lasting and mutually fulfilling partnerships. This webinar aims to help people achieve this by developing skills for effective communication, conflict resolution, individual growth within the relationship and self care etc.
- This webinar is meant for persons seeking committed relationships.
- Participation is managed through registration. Kindly click the below link for registration

<https://forms.gle/ZHzwGxegpqy6JFg3A>