COUPLES

The Relationship Reset Program

Because great relationships don't just happen—they're built!

WILD ROSE
wellness & psychology

Program Overview

Life gets busy. Between work, children, family and everyday pressures, it's easy to find yourselves having the same arguments, feeling disconnected, or simply surviving rather than thriving as a couple.

Relationship Reset is an evidence-based program designed to help couples reconnect, communicate more effectively, and create lasting change.

Although delivered in a small group setting, every exercise and discussion is completed privately between you and your partner, allowing you to work on your own relationship in a safe, supportive environment. You'll benefit from expert guidance while maintaining your privacy.

Designed for busy couples, Relationship Reset provides a structured, efficient way to make meaningful progress in a short period of time. Rather than spending months working through challenges, you'll leave with practical strategies you can apply immediately, creating real change without the commitment of months of couple's therapy.

You'll gain practical tools to:

- Break unhelpful relationship patterns
- Communicate without conflict escalating
- Feel more understood, supported and connected
- Rebuild trust and emotional safety
- Strengthen your relationship for the future

Whether your relationship needs a reset, a tune-up, or you simply want to invest in each other before problems become bigger, this program gives you the tools to build a stronger, healthier and more connected partnership.

Think of it as a relationship health check, giving you the skills and insight to strengthen your relationship before small issues become lifelong patterns.

Program Details

Dates:
Saturday 5 December

Time:
10am – 4pm

Duration:
6-hour session over one day

Fee:
$1200 per couple ($600 each)
Limited to 4 couples

Rebates:

This program does not attract Medicare rebates. You may wish to check with your private health insurer if you have cover for psychology-led group programs.

Register your interest

Email: hello@wildrosewellness.com.au
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Facilitator



Kelly Count
Clinical Psychologist

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