

# An Intro to Relationship Design



Have you ever considered designing your relationships? Whether a friendship or a marriage (or something entirely your design!), intentionally approaching a relationship can make it stronger and healthier, thus increasing the happiness of both people involved.

This workshop helps you step out of the cultural expectations of what a relationship, especially a coupled one, should look like. Instead, we will learn how to identify what is important to us in relating to a particular person and how we can use that to influence the development of the relationship. The underlying assumption is that relationships can and do take all sorts of shapes and forms. By designing them, we empower ourselves to live in a way that uniquely reflects who we are.

In this 2-hour workshop, we will:

- Take a quick look at the cultural messages around coupling and singlehood and how we can step out of that dichotomy, and
- Learn how we can apply a permaculture-based design approach to our relationships.

You will leave this workshop with:

- A tool to proactively approach new connections,
- The courage to design relationships as diverse as you are,
- Greater awareness of cultural messages that contribute to distress, and
- More compassion in your life directed toward self and others.

*Rachel A. Buddeberg empowers people to create relationships as unique as they are. She provides tools that bring intentionality to relationships and counteract cultural norms and past patterns that might get in the way of fulfilling connections. As a relationship coach, she offers one-on-one coaching and workshops to guide participants through an iterative design process. This allows them to build sustainability and fun into their relationships, no matter what their level of intimacy. She combines training in permaculture, compassionate communication (NVC), philosophy, social psychology, and interpersonal neurobiology into skillful guidance to support change. Everything she teaches is grounded in science and was first implemented into her own life, so her methods are well tested in the real world. To find out more about her work, please check out her website at [www.yourlifesagarden.com](http://www.yourlifesagarden.com).*

