Workshops synopses

Workshop 101:

Basics of Marriage

This workshop helps you understand the dynamics of various stages of married life. It gives you insights into the invisible rules, expectations, challenges and rewards of family life.

Age, experience and common sense give you certain wisdom. This workshop broadens, deepens and enhances that wisdom in many ways. It gives you additional tools, smartness and confidence to manage and enjoy family life.

Workshop 102:

Multiple emotions under one roof

This workshop gives you the tools, smartness and confidence to manage the multiple personalities that live under one roof in your family. It gives insights into keeping a positive attitude in your life and spreading it to all your family members.

You will learn multiple techniques to influence your spouse, children and the extended family members like parents, siblings and in-laws to treat each other with respect and love and support each other with positive attitude.

Workshop 103:

The dance of genders

There is nothing like a relationship that is shared through the thick and thin for a life time. Many miss the sweetness of a good married life because they lack good understanding of the sensitivities and sensibilities of the other gender and how to keep each other happy.

This workshop gives you insights into developing rewarding, fulfilling and enjoyable multi-layered (physical, psychological, social and spiritual) relationship between you and your spouse.

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www.grihastha.org

Grihastha Institute of Family Management

Welcome to married life.
A life of romance, children, experiences and fulfillment.



Our Workshops

We offer three great workshops
that give you a comprehensive overview of
married life and family management.

The workshops train you in
seven different areas of family management,
so that simple problems or lack of knowledge of
the big picture of marriage and family life
won't lead to problems or dissatisfaction.

Knowing simple tips and insights will help you
avoid problems even before they arise.
Prevention is always better than cure.

Our workshops help
the 'yet to be married', the 'recently married' and
even those who are married for many years !

Completing all the three workshops
will qualify you for the
Family Management Level 1certification !

Max participants in each workshop: 25.

Total duration of each workshop:
20 hours, spread over three days.

Workshops are offered twice every week.
You can choose from one of the following two
schedules that is convenient for you:

Schedule 1	Monday: 5:30pm to 9:30pm Thursday: 9:00am to 5:00pm Saturday: 9:00am to 5:00pm
Schedule 2	Tuesday: 5:30pm to 9:30pm Friday: 9:00am to 5:00pm Sunday: 9:00am to 5:00pm

For more details and to register for a workshop,
please visit our website:
www.grihastha.org

7 areas of family management

1. **Spouse**: Marriage brings a new person into close quarters of your life, not only physically but also emotionally. Sharing the emotional space is fun, but also challenging. Our training gives you the skills and techniques to perform a graceful dance with the sensibilities and sensitivities of the opposite sex.

2. **In-law's**: Marriage not only brings one new person, but also many others into one's life - the family and friends of the spouse. If you are capable of integrating them into your life, it will be enriched. If not, you will spend many resentful years with the in-laws and friends of your beloved. Our training helps you understand and manage diverse personalities from both sides of the family. Because, your children draw emotional strength and richness from both sides of the family, which forms their lineage.

3. **Children**: You can choose your spouse. But you cannot choose your children. They are given to you by Nature or god. Their personality could be very different from yours. You may be aggressive and they could be mild, or vice-versa. They need to grow according to their core nature, but they need your support and guidance. Their formative years are completely in your hand. If a parent fail to understand or support or even worse, disapprove, the unique personality of the child, the child would be emotionally troubled for life. Our training gives you the tools and skills to recognize the unique personality of your child, support him or her through the various phases of growth, and bring out the positive side of his or her personality.

4. **Home Basics**: Family Management includes the management of the house, nutrition, finances, etc. Not everyone is good with everything, but everyone needs a basic understanding of these critical aspects, and the skill to share the responsibilities with other family members. Our training helps you with the basics in these specific areas, so that you can have a stable financial environment, healthy nutrition and enjoyable house environment.

5. **Social Backdrop**: Family operates against the backdrop of social environment and is subjected to its influences, both good and bad. Fads, enticements and peer pressure are real. Our training helps you with the skill to let the right influences come in and keep out the wrong influences from your family.

6. **Rituals, Functions and Festivals**:
   You can't think of family without rituals, functions and festivals. They have no inherent meaning but they play a great role in bringing people together, if organized well. Children always like them and adults vary in their opinions about them. Our training gives the tips and techniques to create a positive and fun atmosphere in every ritual, function and festival.

7. **Balancing**: Family life is only one of the many aspects of life. All of us have other lives as well, such as professional life, social life and spiritual life. If not balanced well, the diverging responsibilities of each of these lives can overwhelm you and tear you apart. Our training helps you with the tools and techniques to balance all aspects of life, so that your mind is stable and your disposition is pleasant even under the most challenging situations.