

16 Lá Agóidíochta in aghaidh
an Fhoréigin ar Bhonn Inscne

16 days of Activism against
Gender Based Violence



Webinar: Building Healthy Relationships

Building healthy relationships is fundamental to personal well-being and happiness. These relationships are based on mutual respect, trust, and effective communication.

They require active listening, empathy, and a willingness to understand each other's perspectives.

By investing time and effort into nurturing these connections, individuals can create a supportive and enriching environment that enhances their quality of life and fosters emotional resilience.

This webinar dives into these essential elements, offering practical tips and strategies to help you cultivate and sustain healthy relationships in various aspects of your life.

Date: Wednesday the 4th December

Time: 11AM.

Delivery method: Live online

[Register here](#)