



Relationships

Good Boundaries – Great Relationships: The Secret to Synergy

By Jean & Ray Kadkhodaian



Bill and Jennifer walked into the lobby for their first appointment. Bill, a 32 year old marketing executive, looked around the office in a seemingly hesitant manner as his wife, Jennifer introduced herself. Jennifer, age 32 also, worked in the south

suburbs as a grammar school teacher and originally phoned the office to make the appointment. Bill and Jennifer had been married for 5 years and had requested an appointment for couple's development.

As they entered the office both Bill and Jennifer looked around acclimating themselves to the surroundings, apparently stumped about where to sit in the room. They decided to sit together on the couch, although maintained a noticeable distance between each other.

"You mentioned briefly on the phone that your marriage isn't where you would like it to be, is that why you are here today?" asked Jean turning her attention to Jennifer. "Yes, it's not like we fight a lot or that he isn't a good husband," Jennifer said nodding towards Bill. "It's just that we don't have the same goals anymore," she added. Ray turned towards Bill jumping in before he could respond to his wife's statement, "Bill, why are you here today?" "Well," Bill said caught off guard by the question, "I'm not really sure. She keeps saying that she isn't happy."

The Missing Element

Bill and Jennifer typify the clientele that we work with at The Lighthouse. In our work with couples, we began to recognize an element that was often lacking in relationships today – Good Boundaries. We discovered that it is the lack of this simple, yet complex element that leads people to express feelings of being stuck, not moving forward and not really thriving in their relationships with others.

What are Good Boundaries?

Like neighbors exchanging conversation across a back yard fence, Good Boundaries clearly define a safe and appropriate meeting place where others can connect with you. They are individualistic standards that maintain the respect of both individuals in the relationship. Too often what happens in relationships is that the boundary "lines" become blurred. Each individual within the relationship doesn't know who they are anymore and this can stunt the growth of the couple."

The Secret to Creating Good Boundaries

In response to the need for a revitalizing tool, we developed a unique and powerful training model, The S3-Method (Seven Steps to Synergy). This method was designed to create the building blocks necessary for establishing Good Boundaries, building blocks such as empowerment, assertiveness, self-responsibility, self-awareness and intention. This method increases an individual's awareness of their own wants, needs and desires, and then instructs them in ways to ensure their needs are met as well as how to safely and respectfully communicate with their partner.

Special Approach with Couples

Our approach with couples is very unique in that it is patterned after our own philosophy - that a relationship is only as strong as its parts. Their belief that a couple must acknowledge the "piece" that they bring to the relationship before strategizing a plan and taking action, has led us to apply the S3-Method in 3 Phases. Each phase is designed to strengthen each individual within the relationship as well as the relationship as a whole.

We were able to create this process not only from working with other couples, but also from the experience we gained within our own marriage.

Phase 1 involves separate work for each individual in the relationship. Typically Ray works with the man, while Jean works with the woman separately. This allows each person to have his or her own supportive coach in place. The goal is always to respect the individual as well as the relationship. As individuals they learn what behavior styles and expectations they brought into the relationship. They also learn where their power is to take responsibility and create change.

Phase 2 involves briefly coming together (each individual and each coach) to identify and create goals for the relationship and a common vision.

Phase 3 involves applying the S3-Method to the relationship as a whole creating the action steps needed and setting up accountability to ensure success.

Good Boundaries – Great Relationships: The Synergy Workshop

In order to get a glimpse of the possibilities Ray and Jean's work can create in your life and relationships, consider attending one of their many workshops offered.

Specifically, Good Boundaries-Great Relationships: The Synergy Workshop walks audiences through the S3-Method with interactive and skill-building exercises teaching the strategies necessary to create the life and relationships that you want to have. This 4-hour workshop showcases these powerful techniques, delivered by Ray and Jean's playful yet powerful presence, in such a way that is simple and easy to apply throughout every facet of your life.

Or attend the "90 days to freedom program" that involves 1:1 personal training that is the fast track to taking the concepts to a personal level with a certified coach. You can expect more challenge, more action and more results in 90 days than most people achieve in a lifetime.

For more information regarding this and other workshop call 847-253-9769 or visit their website www.lighthouseofillinois.com

Good boundaries create a safe, respectful place where your partner can meet you. This is the perfect environment for synergy – the interaction of two forces so that their combined effect is greater than the sum of their individual effects – in other words, an Extraordinary Relationship!

About Ray and Jean

Jean and Ray Kadkhodaian were married on February 14, 1998 and live in the Chicago area with their two sons Alec and Dean. They met at Roosevelt University while studying in the Clinical Psychology Masters Program. They have over 10 years experience in Mental Health. Their passion to help others create extraordinary lives and relationships inspired them to found the Lighthouse which provides a refreshing new approach to personal development. They have also studied at the International Coach Academy and The Liedecker Institute for Hypnosis. They are members of the International Coach Federation, The International Association of Coaches, The National Guild of Hypnotists and the International Association of Medical and Therapeutic Specialists.

To contact Ray and Jean or to find out more about The Lighthouse services, call 847-253-9769, or visit their website at: www.lighthouseofillinois.com.



Located in downtown Arlington Heights, The Lighthouse Consulting Services of Illinois, Inc. founded by Ray and Jean Kadkhodaian, can be described as a full service personal development company. They work with couples and single individuals, and often speak in the corporate scene teaching life and relationship skills appropriate to personal and business settings. Ray and Jean's specific passion is working with couples teaching and assisting them with creating healthy boundaries, better communication skills and goal achievements. The Lighthouse also offers Self-Hypnosis products, workshops and lectures in addition to their individual services.