The Emotions Course for Couples

Emotions: Your Relationship's Hidden Operating System

Why do our communication skills go out the window with our romantic partners?

Emotional intensity impacts our capacities for compassion, choice, & communication.

When couples develop a shared understanding and practices, emotions increase intimacy & connection.

In this live virtual workshop, couples will explore:

- How emotions work in relationships
- Recognizing emotions sooner
- Tools for emotional regulation
- Responding to each other with more empathy
- Creating more safety, connection, and collaboration

All couples are welcome, including partners of all genders, sexual orientations, and backgrounds.

Saturday, October 17, 2026

10:30 AM – 5:30 PM EDT

Live Virtual Workshop

From $150+ per couple

Rob Eames, CNVC Certified Trainer

About Rob Eames

As a CNVC Certified Trainer and Relationship Coach, NVC is at the heart of my approach. My work also draws from Internal Family Systems (IFS), Emotionally Focused Therapy (EFT), Interpersonal Neurobiology (IPNB), mindfulness, and practical relationship skills.

Learn More & Register

Relational Academy

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