

**Brian O'Reilly** is a graduate of Ryerson University and was inducted into the hall of fame in 2001. He began coaching and giving seminars on the human potential at age 17. He has been life coaching executives, professional and Olympic athletes, as well as individuals and families for the past 25 years. Brian and his wife Bonnie have been working with youth and their families for the past 15 years. They operated a parent model group home and treatment foster program for several Children Aid Societies.

Over the past 25 years Brian has worked with many different types of businesses and organizations, helping them to develop the relationships needed in order to fulfill the needs of their strategic plan. His passion and understanding of human behaviour has acted as a catalyst in organizations and individuals, helping them to reach new levels of effectiveness in their personal and business lives.

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[www.humanpotentialplus.com](http://www.humanpotentialplus.com)

**Helping people get along and find happiness for the past 20 years.**

## Relationship Renovations

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**Giving professional athletes and their spouses the tools to stay connected and stay together.**

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**Relationships are the cornerstone to happiness. Knowing the habits that destroy them and choosing a different course of action can breathe new life into our relationships.**

HPP believes that happiness in life comes from the balance between relationships at home and relationships in one's career. Learning to understand relationships is the skill needed to get along with the people you want and need in your life.

High performance athletes and their spouses are under many more stressors than an average family. Apart from the pressures of maintaining one's place on and in a team, there is added pressure provided by fans, friends and media. One's personal relationships are affected also leading couples to discord or separation. These situations impact the athlete and partner resulting in lower motivation and focus.

This course brings an understanding of the human problems in a relationship that keeps people from getting along. The course develops pathways to effectiveness through the understanding of our basic needs and meeting the pictures of quality we have about ourselves as partner, parents, coworker, friend, etc. It removes the old habits of external psychology by replacing it with a new effective Internal Psychology, a psychology that we already practice unknowingly when our life is working for us.

## **DAY 1**

- Learning the common denominator to success or failure
- LUNCH
- The power of choice and shifting theory
- Renovating how we do what we do
- Shifting from external to internal processing
- Renovating your relationship and the 5 interactive parts

## **DAY 2**

- Measuring the scope of the problem based on the 5 Teambuilding Blocks
- Getting to the root of the problem with the 6 Conditions of Quality
- LUNCH
- Coaching Mastery vs. Bossing
- How do we Choose to Manage when the Pressure is on

## **DAY 3 & 4**

- The information for these session is gathered by the participants and trainer on day 1 & 2
- LUNCH
- Putting what we have learned into practise