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Relationship Building Course

Creating a World of Love, One Relationship at a Time.

By Mark Middlesteadt

MODULE 1 - Introduction

The Artist Within – Relationship Builder Course

MODULE 1

Introduction

Welcome to The Artist Within – Relationship Builder Course! My name is Mark Mittlesteadt, and I will be your personal relationship coach throughout the course.

First, I'd like to give you a little background about me, because you might be sharing some very personal information about yourself with me if you signed up for the higher level Modules. I want you to be as comfortable as possible so that you can get the most out of this course.

I've Been Where You Are.

I bring a wealth of education, training, knowledge, and experience to my relationship coaching.

I have a degree in Human Services, and I've been formally trained in modern psychological counseling theory, practices and techniques. But in being a Spiritual Teacher, I also bring a lifetime of studies and experience in many traditional religious and eastern spiritual philosophies into my work with you that are proven ways to help you re-establish a connection to love, from where all healthy

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relationships are built. My coaching and programs are a blend of Science and Spirituality that are effective in the outcomes you desire.

I have more than 40 years of experience with a wide variety of relationship issues that I personally struggled with, overcame and grew from myself. I know what it's like as I've been married, separated, divorced, and remarried. I've dealt with ex-spouses, and both old and new relationships. I know what it means to have the responsibility of being a parent, as I've raised three stepchildren to adulthood, raised my own child, and now have four grandchildren.

I've personally dealt with many problems you might be facing yourself, from addiction to depression, anxiety, jealousy, anger and abuse. I've personally had to deal with the financial pressures of unemployment, self-employment, foreclosures, almost insurmountable debt and the stress they bring to relationships. I understand the struggle to find meaning and purpose. I've had many minor and major health issues, from injuries, chronic pain and being overweight, and lacking energy. I've dealt with the death of loved ones, both family and friends, and the deep, lasting feelings of pain and loss. I don't just have empathy, I understand you as I too have lived these personal experiences and I know how these things can cause a lot of issues in relationships. I don't just feel your pain, I've personally experienced it myself.

But more importantly, I know how to overcome these issues, how to find love and joy again and the best methods to heal and love yourself, strengthen existing relationships,

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resolve conflicts, identify unhealthy and even toxic relationships, and how to set boundaries or end them with grace and love. If you have any issues with your relationships, I know how you feel because I've been there myself personally and *I know you can find love and happiness again!!!*

The Relationship Builder Course

While this particular course has been in development for over five years, it really is the culmination of my 60 years of life experience with relationships, from my childhood on into adulthood, all the way to the present moment. I've personally been through all the trials and struggles one can go through, via dating, break-ups, new relationships, marriages, divorce, re-marrying, raising children, step-children, grand-children, dealing with ex-spouses, custody issues, parenting, co-parenting, addiction, the legal system, social systems, illness, traumatic events, death, etc. You name it and I have likely experienced it firsthand myself or I have been in close relationships with others who have.

Through my own knowledge and experience acquired as a life coach, a college graduate, as well as my own experience and research over the years, I have learned a lot about what works and doesn't work in relationships. I have helped countless numbers of individuals and couples work

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through their own issues, and with all this knowledge and experience, this Relationship Builder Course was created.

What I discovered is that while we each have unique, personal experiences, all of our relationships have one thing in common. Our self. No matter what kind or how many relationships you've had or will have, you are always the common denominator. All of them involve you. And so this Relationship Builder Course starts out exploring the relationship you have with yourself first.

Establishing a healthy, loving relationship with yourself is the foundation upon which all other healthy, loving relationships are built. We simply cannot have relationships with others that can be better than the one we have with our self.

So this course is designed in a very particular, methodical way that leads you progressively through a proven means of first self-exploration and growth on an individual basis, so that as you grow through the lessons in Module 1, it will be invaluable in producing healthy relationships with others.

The purpose of the Relationship Builder Course is to provide you with far more resources than any face-to-face counseling or therapy sessions could ever give you, at a much greater financial savings. The Relationship Builder Course was designed from the ground up, to be a unique learning

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experience and invaluable tool to improve your relationships. By doing the work found in this course, we are going to...

- Create and bring greater health, love, joy, inner peace and purpose to your life.
- Learn effective conflict resolution to strengthen your existing relationships.
- Identify unhealthy, toxic relationships and know how to deal with them.
- Create new, healthy, loving and lasting relationships.

While you are a unique individual with your own personal experience, there are many shared qualities and issues all human beings face with their relationships. So know you are not alone. While the Relationship Builder Course was designed to factor in our commonality so all can use it effectively, it is in the work *you put into the course* that tailors itself to your unique areas of concern. This is not some cookie-cutter relationship course. The course itself is the same for everyone, but no two people who take this course are going to get the same out of it.

This course was designed to help you *personally* as an individual, so that you can grow personally and spiritually, yet also be able to enjoy the benefits of healthier and stronger relationships with others. What you will get out of this course

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is proportionate to what you put into it. Unlike many other courses, this is no cookie-cutter, “5 steps to better relationships!” marketing B.S. This course is going to take time, focus, energy, and a lot of work on your part to get the most out of it, even beyond the coursework itself. This is about you becoming the best version of yourself, so you can create and maintain better relationships in your life. This is about changing yourself, creating a shift in your thoughts and beliefs, developing new, healthier habits and routines that will serve you well for the rest of your life!

The course is designed and structured into *Modules*, with each module having *Lessons*. Each *Lesson* has *Exercises* to complete. Some modules have more lessons than others, just as some lessons have more exercises. Depending on which Relationship Builder Course you signed up for, each has some required reading on your part, or audio files to listen to, questionnaires or forms to fill out, and exercises to complete. In order to complete the course you will need to purchase a journal or notebook to write in.

This is the Relationship Builder Course outline...

Introduction

Module 1 - The Relationship with Yourself

This is the Module for individual work, where it all begins.

Module 2 - Strengthen Existing Relationships

This is an additional Module which is a great add-on for couples, who will go through both Module 1 and 2 together.

Module 3 - Identify Unhealthy Relationships

This Module helps anyone, be it individuals or couples to help identify toxic or unhealthy people and relationships that are detrimental to our well-being. It also will help you deal with them or end them in a constructive way if necessary.

All Modules and the associated lessons, are designed to help you learn, grow and work through the many issues we all face in relationships, so you can enjoy your life more, and share it with others who also want more joy in life.

All of the Relationship Builder Course Modules, regardless of which you sign up for have varying degrees of personal support from me, either via e-mail, or one-on-one counseling sessions (face-to-face, *in person* for local clients, or online Zoom meetings for those living outside my area) and/or group meetings. No matter which course you choose, you will get personal attention from me throughout the course to help guide you through them. You and I are going to establish a relationship as well and I look forward to personally working with you. If you've purchased the basic Module with email support, please reach out to me throughout the course. You will receive a reply and personal attention from me directly. If you purchased the higher level Course with live coaching please contact me via my website contact form or email me to set up a session. Both my website and email address can be found on the first page of the pdf documentation (right under my logo). My website is

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www.markmittlesteadt.com and my email is markm@markmittlesteadt.com You will not receive a reply from anyone other than me personally. I'm your coach and I want you to reach out to me for assistance with this course. I'm here to help you!

The Relationship Builder Course is meant to create a world of love, one relationship at a time. And it all begins with you!

Are you ready to go on this journey? Are you willing to fully invest your time and energy to change yourself and be the best you can be and begin enjoying life to its fullest and sharing this with everyone? If so, I welcome you and let's get this course going!

You will find all the written versions of the lessons in "pdf" format for you to read, but because we all lead busy lives, each lesson is also available as an audio file as well. Some like to even listen and read along (NOTE: there are some slight variations in the audio files from the pdf's. But they are quite minimal.

Please go through the list and start with number 1 and go through them in sequential order. They are designed specifically to flow in succession from one lesson to the next and one Module to the next, so don't skip ahead or move on until you have finished each lesson.