



**C.P. (Sunny) Philip** was born in southern India. He migrated to Australia as a student, married an Australian medical doctor. Sunny and Katrina are blessed with three adult children.

After his Post Graduation, Sunny worked at the Manager Training Institute in Australia, training bank staff into managerial levels.

Having graduated in theology and counselling, Sunny (together with his family) worked as a chaplain at the Christian Medical College in Vellore, India.

For his doctoral thesis, Sunny researched the topic of the relationship between spirituality and burnout in medical doctors.

Since 1999 Sunny is a visiting faculty at the Haggai Institute for Advanced Leadership Training Centres in Hawaii and Singapore.

Currently Sunny directs **Transform4Life**, a training programme he has initiated.

*Christians are called to be salt and light in their spheres of influence. An example in contrast, shaping themselves and the community around them into the People of God*

**For more information about the seminar in your area, contact....**

**For more information about T4L...**

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**Nurturing and Promoting  
Healthy Relationships series**

## **Realistic, Unrealistic, Unmet Expectations in Relationships**

**A half-day workshop led by  
Dr. Sunny Philip**



**Transform4Life**  
Caring for those who care

*From Consumers  
to  
Community Builders*

*“To be human does not mean to be right, does not mean to be perfect. To be human means to be useful, to make contributions - not for oneself, but for others - to take what there is and make the best out of it.”*

*- Rudolf Dreikurs*

**In This seminar you will learn about:**

- Three basic human needs
- Dynamics and patterns of human relationships
- Four attributes that makes up a healthy relationship
- Moving from enchantment and disenchantment to maturity
- Communicating effectively within relationships
- Healing conflicts in love
- Use and misuse of power within relationships
- Healthy relationships
- Toxic relationships

**This seminar is for all those who:**

- Want to enrich their relationships
- Are struggling in their relationships
- Wish to know more about the various patterns and dynamics of relationships
- Are youth workers, educators and in helping professions

***“I no longer call you servants- instead, I have called you friends”***

**During this seminar:**

- ✓ You will be given the opportunity to reflect upon different relationships in your life
- ✓ You will identify personal actions to take forward from the seminar

**This half-day seminar**, using didactics, group sessions, and mini-workshops will deal with the broad picture of relationships, and the practical hands-on skills needed to effectively repair, build and nurture relationships at various levels.

**Transform4Life** exists to motivate, train, mobilize, and support those who care to care for those in their spheres of influence

