



Getting The Love You Want

Couples Educational Workshops

Next Workshop:

20 – 21 February,

Wellington

GETTING THE LOVE YOU WANT

A WEEKEND WORKSHOP FOR COUPLES

Wellington - Tauranga - Auckland



Do you know of any couples who are facing more stress lately or who would benefit from tools to improve their relationship?

The pandemic has brought new challenges for families. For many couples, the regular distractions of daily life can lead to stressful exchanges, greater sense of distance, and less savouring of the romance that originally brought them together.

Our weekend workshop offers our couples the opportunity to build a positive connection together, increasing their intimacy and sense of aliveness and helping to focus on what is best about their bond. Couples keep telling us it made the difference in their relationship, and they are telling their friends and family to come.

The workshop is **suitable for all couples**, from those in decent shape and just

wanting to enhance their already positive connection, to those struggling with recurring issues and/or facing high distress.

"Great tools to get out of negative communication cycles, discover new depths to yourself and your partner, re-ignite empathy and vision in the relationship."

Kylie, Tauranga

"I was dragged in blind and "WOW what an impressive positive experience for my wife and I. We now have some easy-to-use tools to work on strengthening our relationship to be sustainable forevermore to realise our yet-to-be-designed Relationship Vision. A concentrated two day course that provides some 300% return on investment."

Mark, Wellington



The workshop is **educational**, where couples will learn:

- Why we continue to have repetitive arguments and what can be done to resolve them quickly
- How our brains and biology keep getting us stuck and how to reduce reactivity and blame/criticism cycles
- New ways to communicate with our partners that build empathy, understanding, and closeness
- Tools to build intimacy and connection

- How to create your Ideal Relationship Vision together and then translate that into action
- How to re-romanticize the relationship, adding in more pleasure and surprises

The workshop includes lectures, written exercises, demonstrations, and time as a couple to **privately** practice the tools together in a separate room, with individualised facilitation.

Most couples worry that a workshop means they will be asked to share in front of the group. This is meant as an educational experience, and it is NOT group therapy. There are a few live demonstrations and these can be extremely helpful to participate in, however couples are able to do their work together and separately from the group. The facilitators provide an environment that allows privacy for couples doing the practice work.

The workshop condenses 3-6 months' worth of Couples therapy sessions into one weekend, so it offers a huge advantage over the usual approach of weekly or fortnightly sessions. **It offers couples already doing couples counselling a way to quickly get on the same page together, meaning their progress in counselling sessions is greatly accelerated. Couples who have attended say they feel more connected and hopeful about having a manual and a common pathway to follow.**

Couples have continued to say it was the *turning point for their relationship*. Couples say that they feel closer because they learned new things about themselves and their partners. Couples report that they learned tools to stop recurring arguments. Other couples say the weekend helped them build better understanding and sense of caring for one another.

We are happy to have a brief chat to answer any questions. Please feel free to contact us by email at: nicolepray@rof.net

Thanks for helping to get the word out!

Best Wishes,

Nicole

20 – 21 Feb (Te Papa Museum, Wellington)

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