



RELATIONSHIP BOOT CAMP

Are you ready to attend a 5-week program packed with the latest research to improve connection, understanding, and satisfaction in your relationship? Each week participants will build a scientific foundation to improving your relationships by learning practical skills and practice. You will enjoy this hands-on workshop no matter what stage of life you are in.

- ▶ **Week #1: Couples 101**
Basic understanding of research and how to find the foundation of your relationship.
- ▶ **Week #2: Essential Tools**
Step by step ways to improve your connection and communication.
- ▶ **Week #3: Value Your Values**
Focus on values that you share & understand the ones you don't
- ▶ **Week #4: Staying in Your Lane**
Understanding your roles and family of origin for healing.
- ▶ **Week #5: Falling in Love Again**
Relearn and install healthy patterns so you can focus on repair & renewing your connection and trust.

HOW TO MAKE THIS 5-WEEK PROGRAM A SUCCESS

- Please attend all 5 weeks, this will not be recorded to watch later.
- Please attend the zoom meeting in a private confidential place with no distractions (no children, cell phones, etc.)
- If you can, please be together as a couple.
- Understand that participation is key, and there will be suggested assignments to do during the week.
- Attend with an open mindset to learn, grow and have fun!

5-Week Group on Mondays

Date: October 23rd - November 20th

Time: 5:30 p.m. - 7:00 p.m. MT

Location: Online!

