

COUPLES SESSION PROGRAM

9 SESSION PROGRAM TO HELP YOU **START**

LIVING THE RELATIONSHIP OF YOUR DREAMS

START RIGHT

EST 2020





HOW IT WORKS



Session 1
Relationship Vision



Session 2 & 3 Connection
and Safety



Session 4 & 5) Healing



Session 6
Appreciation



Session 7 & 8) Growth



Session 9
Re-Romanticizing



Session 1 Relationship Vision

Identifying your relationship vision will help you gain an understanding and will help establish a plan to get there.



Session 2 & 3 (2HR Each) • Connection and Safety

Here we will look at:

- How to understand and experience a deep and true connection with one another;
- Experience real emotional safety with your partner;
- Move from a sense of frustration and pain to a place where you can truly grow your connection with one another.



Session 4 & 5 (2HR Each) • Healing

Gain a deeper understanding of the real sources of your frustration and pain which caused the disconnection in the past and how to heal it today.



Session 6 (2HR) • Appreciation

Get a deeper appreciation and curiosity of each other's uniqueness and differences and to understand the art of giving and receiving.



Session 7 & 8 (2HR Each) • Growth

Transformation, because you need to change if you want something to be different. The art here is not to change for the sake of the relationship (because you sacrifice or compromise yourself or your partner) but because both of you grow, expand, discover, and transform as individuals. It is not about losing yourself in relationship but rather about finding yourself because you are in a relationship; and To move beyond pain and frustrations you are currently feeling into being fully alive with passion for one another.

Session 9 (2HR) • Re-Romanticizing



Session 9 will focus on Re-Romanticizing your relationship





Start Right, Stay Right

For Bookings Contact El'Marie
081 559 9130 • elmarie@huwelike.co.za