

The 9-Week Relationship Reset

A practical and powerful premarital-style programme for modern couples who want to build something extraordinary.



OVERVIEW

A Structured Journey from Dream to Connection

This 9-week journey moves you intentionally through the stages every strong relationship needs: **from dream to safety, communication, healing, growth, appreciation, and romance**. Not rushed. Not overwhelming. Not therapy forever. Just structured, meaningful investment in the relationship you're building.

Each week alternates between theory and practical integration. You'll understand the psychology behind relationships and immediately practise the tools that make them stronger.

Programme Details

9 sessions | 2 hours per week

Structured. Practical. Transformational.

Who This Programme Is For

Dating Couples

Who want to build intentionally and prepare for a strong future together

Engaged Couples

Preparing for marriage with practical tools and deeper understanding

Married Couples

Who are busy but committed and want to reconnect meaningfully

Growth-Minded Partners

Who believe "good enough" is not enough and want more depth

You don't need to be in trouble. You don't need to be on the brink. You just need the willingness to grow.



Why This Programme?

Because love is not sustained by chemistry. It's sustained by emotional safety, intentional communication, understanding each other's inner world, knowing how to repair, and growing **together**, not apart.

This is the best investment you can make in your relationship before resentment builds, before disconnection creeps in, before "we're fine" turns into "what happened to us?"

Start Right Now and Stay connected for life.

WEEKS 1-3

Building the Foundation

01

What Is the Dream? (Combination)

Explore what originally drew you together, the unconscious blueprint you bring, and how to create a conscious relationship instead of a reactive one. Walk away with clarity on what you're actually building together.

02

Connection & Safety (Theory)

Learn how emotional safety actually works—neurologically and relationally. Discover what makes your partner shut down, how to regulate yourself in conflict, and simple rituals that strengthen connection daily.

03

The Dialogue (Practical)

Most couples think they communicate. Few actually dialogue. Learn a structured, transformative way of talking that reduces defensiveness, slows conflict down, and builds empathy instead of escalation.

WEEKS 4-6

Deepening Understanding

Week 4: Healing (Theory)

Your partner will trigger you. That's inevitable. But those triggers are not signs you chose wrong, they're invitations to heal. Identify your emotional triggers, understand where they come from, and learn how to share vulnerability safely.

This is where couples begin to feel deeply understood.

Week 6: Growth (Theory)

Healthy relationships don't stay the same, they evolve. Explore how partners stretch each other towards growth, the difference between criticism and growth invitations, and how to build a relationship that expands both of you.

Week 5: The Dialogue (Practical Integration)

Return to the Dialogue with real-life content. Practise using it in moments of tension, repairing minor hurts before they become major ones, and listening without fixing.

By now, you'll start noticing: conflict feels different.

WEEKS 7-9

Mastery and Renewal



Week 7: The Dialogue (Advanced Practice)

Deepen your practice around recurring patterns, sensitive topics, and repair after misunderstandings. Stay connected during emotional intensity. Couples report feeling calmer, clearer, and more aligned.



Week 8: Appreciation (Theory + Application)

What you appreciate grows. What you ignore slowly fades. Learn why appreciation is a psychological need, how to express it meaningfully, and rebuild admiration. This session alone often changes the entire relationship tone.



Week 9: Re-Romanticising (Practical & Future Vision)

Romance doesn't fade, it gets buried. Revisit your relationship dream, identify what makes each of you feel chosen, create rituals of appreciation, and build a plan for staying connected long-term.

What Couples Typically Experience

Increased Emotional Safety

Feel secure enough to be vulnerable and authentic with each other

Reduced Defensiveness

Respond with curiosity instead of reactivity during difficult conversations

Clearer Communication

Express needs and feelings in ways your partner can actually hear

Deeper Empathy

Understand your partner's inner world and emotional landscape

Renewed Admiration

Rediscover what drew you together and appreciate each other daily

A Stronger Shared Vision

Build a conscious relationship with clear direction and purpose

This is not about fixing something broken. It's about building something strong. Because the quality of your relationship shapes your future—emotionally, relationally, and even physically.

Who This Is Not For

This programme is not suitable if there is an active affair, one partner has moved out, divorce is actively on the table, or there is deep betrayal or severe disconnection.

In those cases, my 3-Day Intensive is the appropriate next step. That format allows for deep repair work that a weekly programme cannot contain.

Need Deeper Work?

If deeper issues surface during the programme, we can discuss transitioning into private sessions or a 3-Day Intensive if appropriate.

The goal is always the same: to give your relationship the right level of support.

About Me

I have been working with couples for 8 years. In that time, I have sat with couples in the aftermath of affairs, on the brink of divorce, completely emotionally disconnected, simply wanting to prepare well, and wanting more depth, more intimacy, more life.

I have seen couples rebuild from devastation. I have seen couples transform conflict into connection. I have seen ordinary relationships become extraordinary, because it is possible.



Frequently Asked Questions

What if we're not married yet?

Perfect. This programme works exceptionally well as a premarital course. You'll build skills most couples only learn after years of conflict. You're not "too early", you're being wise.

What if we don't have much time?

That's exactly why this format works. It's one structured 2-hour session per week. No long-term therapy commitment. No overwhelming emotional marathons. Just consistent, intentional investment.

What if we're not in crisis?

Even better. This programme is preventative and growth-focused. It strengthens what already works and gently addresses what could become problematic later. You do not need a crisis to justify growth.

What makes this different from reading a book?

Information does not create transformation. Practice does. In this programme, you are guided, you practise live, you receive feedback, and you integrate weekly. This is experiential learning—not just theory.

Ready to Invest in Your Relationship?

The strongest couples are not the ones who never struggle. They are the ones who choose to learn. They choose to understand instead of assume, repair instead of withdraw, appreciate instead of criticise, and grow instead of drift.

You don't build a strong body accidentally. You don't build a successful career accidentally. And you don't build a secure, connected relationship accidentally either.

Investment

R1,800 per session

OR

R17,000 for the full 9-week programme (paid upfront)

What You Get

One date a week. Two hours. Nine intentional steps.

Structure, tools, and guided practice, without overwhelming your schedule.

Spaces are limited to ensure depth and personal attention. If you're ready to build something strong, now is the time. Enquire today to reserve your place.