

Schedule:

One-Day Seminar – Saturdays

- 8:30 – 9:00 a.m. Registration & Introduction**
- 9:00 – 10:15 “Understanding and Managing the Differences between Men and Women”**
Learning important differences between the sexes and how to utilize this knowledge to enhance your relationship with each other.
- 10:15 – 10:30 Break** (light refreshments provided)
- 10:30 – 12:00 “Crystal Clear Communication”**
Understanding and implementing ways to be understood and to understand, generating the positive feelings that can come from truly being connected through effective communication.
- 12:00 – 1:00 Lunch (provided - catered luncheon)**
- 1:00 - 2:15 “Eliminating the Fighting - Argument and Conflict Resolution, Effective Problem Solving”**
Highly effective techniques and skills which can bring new-found harmony and peace within the family setting, where neither feels they have to lose their sense of identity, or just acquiesce or give-in. You can literally stop fighting and arguing today, and have it not return for the rest of your marriage.
- 2:15 – 2:30 Break** (light refreshments provided)
- 2:30 – 4:00 “Overcoming the Barriers to True Intimacy”**
Working through sensitive issues and learning ways to generate new levels of physical and emotional intimacy. Creating a relaxed atmosphere in which true friendship and intimacy can flourish, developing means of meeting each others' needs, and putting in place a strong bond that will fulfill for a lifetime.
- 4:15 – 4:30 Break**
- 4:30 – 5:45 “Putting the Past in the Past”**
Working on past difficulties which may have caused resentments, distance, or unresolved conflicts. Also pursuing the family-of-origin and other past individual issues which may be interfering currently in the marriage.
- 6:00 – 7:00 Dinner** – either on your own or provided (additional charge?)
- 7:00 – 9:30 Individual Couple Consultations (per scheduling)**

***Note:** Each session includes a ten-minute question/answer period at the end of each presentation, as well as personal application as time permits during the session.*