



# RETUNE

HELPING COUPLES RECONNECT

*Do you feel you've lost connection with your partner?*

*Do you feel unseen and unheard?*

*Are you lost in the day-to-day logistics, especially if you're a parent?*

*Do you long for touch, time together and fun?*

*Do you feel like you're walking on eggshells in a minefield?*

*Do you feel you're sometimes caught in Groundhog Day?*

*Do you want to put the 'spark' back in your relationship?*

Sadly, this is the reality of many loving couples who started out with so much promise, yet somehow LIFE got in the way.

The good news is it doesn't have to be like this!

Come and join us for a 2-day, insightful and healing workshop for couples, where you will learn how to:

- Understand yourself and your partner at a deeper level
- Understand your needs and those of your partner
- Understand the dynamics at play and how to change them, together
- Modify your language to be less defensive and more curious
- Navigate emotions with awareness
- Develop deeper empathy
- Strengthen trust
- Acknowledge when your partner is making an 'emotional bid'
- Have healthy and respectful disagreements
- Navigate conflict
- Create deep and lasting emotional intimacy
- Align your life goals and support each other's dreams

You will leave this workshop knowing how to take responsibility for yourself and relationship, with practical tools and learnings to ensure your connection is strong, healthy and able to be maintained.

# AGENDA

## Saturday

08:30 – 09:00	Registration
09:00 – 10:30	Introduction
10:30 – 11:00	BREAK
11:00 – 12:30	Learning to Listen
12:30 – 13:30	LUNCH
13:30 – 15:00	The Masks We Wear
15:00 – 15:30	BREAK
15:30 – 17:00	Fact Vs Fantasy

*(Homework!)*

## Sunday

08:30 – 09:00	Registration
09:00 – 10:30	What is Emotional Intimacy?
10:30 – 11:00	BREAK
11:00 – 12:30	Relationship Loops
12:30 – 13:30	LUNCH
13:30 – 15:00	Emotional Bids
15:00 – 15:30	BREAK
15:30 – 17:00	Maintaining Emotional Intimacy

*(Light refreshments such as tea and coffee will be provided before the event commences, as well as morning and afternoon tea. Lunch can be purchased at near-by cafés or you can bring your own.)*

# Your facilitators ...

## Amanda Bennallack:

Amanda discovered that her various journeys, from crewing boats to exotic places, sitting with monks in a monastery in Thailand, exploring Mayan ruins in Mexico, to trekking the Inca Trail in Peru, have all supported her desire to broaden her world view... as well as her taste buds!

Professionally, with 36 years in the fitness industry, Amanda became aware of her innate coaching and mentoring skills, which she called upon to bring out the best results in her team-mates and clients. This led her to studying behavioural psychology at The Coaching Institute.

In her personal life Amanda has navigated her way through relationships which have challenged her needs and desires. Failing at times, yes, however, each revealed a path to personal growth and an understanding that compromising ourselves can be our undoing, and that connection is key!

Amanda's coaching clients often share that their relationships no longer fulfill them – “something is missing”, “It's not working anymore.” This is really sad, when of course they came together in love and somewhere along the way, they lost connection with each other. This has fuelled Amanda's passion to help couples find their way back to love, being seen, being heard, and being cherished.



## John Broadbent:

John is the author of *Man Unplugged – Exploring The Inner Man* and has almost 3 decades of experience navigating his own psychology, and in more recent times, working with men as a coach and mentor.

He is also co-facilitator for The Elder's Way and A Man's Journey, each a week-long Bali-based retreat, focussed on helping men at different stages of their lives find deeper connection with themselves.

With more than 40 years of varied relationship experience he also knows what can make or break them, and in his coaching role often hears men sadly reminiscing of lost connections with their partners and children. Some have simply given up and choose to co-exist in a loveless convenience, which sees them missing out on the richness and fulfillment a healthy and functional relationship can bring.

It's John's burning passion to help men live more fulfilling and meaningful lives, which underpins his dedication to educate how to navigate the complexities of relationships with emotional ease and grace.



**(Both Amanda and John are trained by The Coaching Institute in Emotional Intimacy.)**