



RETUNE

HELPING COUPLES RECONNECT

Couple Weekend Workshop

Have you ever wondered why relationships can be so challenging?

According to the latest studies, sadly, 1 in 3 marriages will end in divorce, with much more falling by the wayside.

Why do relationships start off with so much love and good intentions, yet so many lose their way?

- 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 of life, 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?
- If nothing changes, are you heading for divorce?
- Do you want to put the 'spark' back into your relationship?

Research shows that maintaining EMOTIONAL connection is the #1 reason behind successful relationships, yet sadly, many loving couples who started out with so much promise, somehow let LIFE get in the way, resulting in a loss of deep connection.

What if we could learn about emotional connection, why we lose it, how to get it back and maintain it?

Our weekend face-to-face couple coaching workshop has been designed and tested to help you:

- Understand yourself and your partner at a much 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

Upon completion of this unique workshop, you'll know how to take responsibility for yourself and your relationship, with practical tools and learnings to ensure your connection is strong, healthy and able to be maintained into the future.

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 learned her interpersonal, team and cultural development skills through 37 years in the health and fitness industry. Discovering her passion for coaching and education at The International Coaching Institute, Amanda chose Relationship Coaching, and how to build and maintain Emotional Intimacy, as her speciality.

Amanda's coaching clients often share that their relationships no longer fulfil 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.

In her personal life, Amanda has navigated her way through relationships that have challenged her needs and desires, each of which revealed a path to personal growth.

Those that have engaged with Amanda soon realise her depth of wisdom, approachability, capacity for understanding and deep empathy.



John Broadbent

John is known as a Wise Elder amongst the various circles he occupies.

His passion to help people live more fulfilling lives stems from his own awakening, which started in 1991. As the author of *Man Unplugged - Exploring The Inner Man*, he's an active facilitator of men's gatherings and retreats, a coach and a mentor.

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 about 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, fulfilment and opportunity for personal growth, that a healthy and functional relationship can bring.

His deep understanding of what's needed for healthy relationships, especially for men, merges beautifully with Amanda's experience, to create this dynamic duo!



(Both Amanda and John are trained by the International Coaching Institute in Emotional Intimacy)