

Better Together Couples Group

This 10 Session Course Will Help You:

- Turn a negative home environment into one where fondness, admiration and love are the norm.
- Learn the skills to fight fairly and constructively. De-escalate conflict and reframe resentment so it leads to growth for both of you.
- Learn to understand each other's worlds....What excites us, brings us joy and helps us feel connected.
- Create a partnership where each person's dreams, goals and aspirations are respected, understood and honored.
- Understand the power of "we" in making room for the legacies, values and rituals each person brings to the relationship.
- Explore sexual intimacy. How often are we having sex? Is it enough? How do you get the sex you want?
- Learn to maintain intimacy in a busy world with a busy life.

Course Structure

- We will meet for a 2-hour session once per month
- Couples use the interval between meetings to practice the skills learned
- Each session is limited to a maximum of 10 couples per class

Course Commitment

1. Your participation represents a commitment to the curriculum and the process to build a successful partnership.
2. Once you commit to the course, you are responsible for the associated fees, whether you attend or not.
3. Please make every effort to protect the meeting times for the course. It is important to respect your intention to improve your partnership and to keep family or business obligations from interfering with that intention.
4. Learn to fight in a fair and caring way
5. Regain your faith in the future of your relationship
6. Learn how to create the marriage you dream about

You are the average of the 5 people you spend the most time with.

Do you have any friends who are in happy fun relationships?

Or are most of you friend single

or even worst on the brink of divorce?

This can start to affect your psyche and misery loves company.

Better Together Relationships is a 10 month group where you will have the opportunity to work with me in a small group setting.

This group course is for you If:

1. You're a mature & committed couple who miss the spark from the early days
 2. You're a newly committed couple who want to start off well
 3. You're a couple experiencing upheaval who want to reconnect
 4. You miss the connection that you used to have
 5. You feel your relationship slipping away
 6. you're tired of fussing and fighting all the time.
 7. You're tired of the yelling and slammed doors
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This group course Is NOT for you if:

1. You're a couple who are good with where things are in your relationship.
2. You are a couple who have it all figured out.
3. You do not want help.

Your children deserve the best marriage model ever. I know, you probably think that because you do not fight around them it doesn't affect them. The truth is the children know you sleep in separate rooms. Children are like little sponges picking up on the energy around them and one day when they grow up they are going to pick a mate based on the relationship model you have provided to them. The stakes are high. Don't gamble with their future.

Meeting Time and Location

In this 10 session couple group, we will meet monthly in my office Tuesdays 6 to 8pm.

During our 10 month group, I will walk you through

- Communication
- Conflict Resolution
 - Finances
- Loving After Betrayl

At the end of the first group session, I will give you an opportunity to connect you with another couple for accountability and follow up after group.

By the end of this group you will know the road map for how to build a love to last a lifetime.

You will have the opportunity to connect with other couples.

This couples group is only open to 10 couples.

It will sell out.

I only want to work with a small group of couples who are serious about tranforming their marriage.

Investment

\$250 per monthly group session

For some people they may say that is a lot of money.

My response is

Aren't you worth it.

And what happens,

if you do nothing?

What happens if nothing changes.

Constant Fighting? This is really expensive.

What is your peace of mind worth to you.?

What could happen if you could be at work without constantly thinking is my mate cheating on me?

Sleeping in Separate rooms?

Living in a sexless passionless relationships?

Divorce. Divorce is expensive. Research shows the average divorce costs 20,000 when you take into account the lack of combined wages, the decrease in your earning potential, and living in separate homes. This is a lot less than \$250 a month.

Cut off your cable bill or stop eating out a couple nights a week and you have your tuition.

**The first 2 couples to sign up you will receive a free ticket to my Better Together Cabin Couple retreat which will be in Gatlinburg Tennessee in October 2017.
(\$1,000 Value)**

This opportunity will be only open to a select group of people.

The way I see it, you have two choices.

You can try it on your own and hope that you can convince your mate to see things the way you do.

Or you can put your trust in an expert.

Who Am I

I am a Licensed Psychologist. Meaning, I know what the heck I am talking about. I am not like some of these coaches and "wanna be" marriage gurus with no formal training. I have almost 15 years of experiences doing counseling. I have taught hundred of marriage seminars in over 40 states all of the country. I have traveled to over 20 countries including France, Spain, London, West Africa, South Africa, Dubai, Morroco, Italy, Costa Rica and Brazil to name a few. As the author of the book Marital Peace, I have done a ton of research on Marital Satisfaction and now I want to share that with you. Coming from a divorced family, I am passionate about helping you tranform your relationship because I know first had the affects of divorced. But the proof is in the pudding, I have been with my husband for 15 years and married for 9 years. My style is real, and authentic. I am direct and my approach is a blend of teaching and live excercises to drive home what you learn.

will not just fix what feels broken

but together we will create a foundation for a

lifetime intimate relationship!

Designed to focus on the entirety of the relationship, couples work with one another to explore issues that create conflict in the day to day living of a

partnership. You will learn how to talk and attend to the relationship while deepening conversation and intimacy. Each 2-hour session includes education, didactic exercises and practice for skill building.

Our work is designed for every age, ability and orientation

Become closer to your partner -- at the kitchen table, in the bedroom, on the phone, after a fight, all the time

Re-establish trust, friendship and commitment