



# RELATIONSHIP RECHARGE

*Do you need to recharge your relationship, or strengthen it for the future?*



## Join us for this one-day, interactive workshop.

**In a small group setting, you and your partner will learn:**

- What helps to make relationships last and what puts relationships at risk
- About your own relationship style
- Skills to manage conflict
- How to communicate in clear, healthy ways.

The group involves practical exercises and evidence-based theories. You'll also work directly with the experienced group facilitator on the specific issues or challenges that are affecting you as a couple.

**Relationship Recharge is ideal for couples who want:**

- To invest in and strengthen their relationship
- To understand what makes a strong relationship and how to put this into practice
- Guidance and tips to manage conflict and communicate well
- Some relationship coaching.

If you and your partner are experiencing a few difficulties in your relationship, or if you feel that things are going well but want to strengthen your relationship to make it last, then Relationship Recharge is for you.

## When

One-day workshop from 9:30am to 4:30pm.

- Saturday June 22, 2019.
- Saturday July 20, 2019.
- Saturday October 14, 2019.

## Where

Wyndham Garden Hotel - 129 N. Federal Highway, Dania Beach, FL 33004

## Cost

\$275 per couple. Includes lunch.

## Bookings and more information

**To book or to find out more, please call Lucy at (954) 709-3411, or email**

**[drcherylwhiteusa@gmail.com](mailto:drcherylwhiteusa@gmail.com)**. You may visit our website at **[www.conflictcoaches.com](http://www.conflictcoaches.com)**

Bookings are essential as places are limited. Registrations close two weeks prior to the workshop.

"I learned so much from my sessions which were highly valuable with real examples. I am now equipped to handle any conflict that occurs in my relationships"