

The Skillful Couple

Building A Lasting Source of Love & Companionship



Jan 30th & Feb 6th

9:00am-12:30pm — Minneapolis

\$185.00 per couple

(includes both morning + materials)

WORKSHOP

TheSkillfulCouple.wordpress.com

612.296-3800

You Will Learn:

- How to Get to Know Each Other Again
- How to Have More Positive Interactions
- How to Foster a Culture of Admiration & Affection
- How to Have Stress-Relieving Conversations
- How to Manage Strong Emotions
- From Gridlock to Acceptance & Agreement



Based on research gathered from over 3000 couples by the *Gottman Relationship Research Institute*, this workshop provides information that reflects what works for *Successful & Loving couples*.

Participants will learn the steps & skills to building a sound relationship, through presentation, paired exercises, and discussion. Helpful to any couple regardless of marital status or family configuration.



"We left the workshop and immediately started implementing our new skills!" — Brandon J.

"There was so much useful information and techniques presented. Thank you!" — Emily H.

Presenters

Donna Corbo, Life Connections, a certified Gottman Educator who has facilitated couples workshops 5+ yrs.

Krista Post, MA, Licensed Psychologist, has provided psychotherapy to individuals, couples, & families 15+ yrs.

For more Info & Registration:

612.296.3800 • TheSkillfulCouple.wordpress.com