



# Couples Growth Program

We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it. ~John Lennon

The Couples Growth Program is a comprehensive experience designed to enhance and enrich the connection between you and your partner. Through a series of carefully crafted sessions, you will explore the depths of your relationship dynamics and pave a path to elevate your relationship to new heights.

## WHAT TO EXPECT

- **Personal Support:** Experience individualised attention and guidance as we work together to address your specific needs as a couple during the program.
- **Expert Guidance:** As an Inner Growth coach and a practitioner of level 2 Relational Life Therapy (RLT) and Somatic Therapy, I offer tailored guidance to navigate your unique relationship dynamics with expertise and care.
- **Foundations in RLT:** Learn the foundational principles of Relational Life Therapy, empowering you to live relationally by fostering connections with your thoughts, emotions, sensations, and others.
- **Somatic Techniques:** Discover the transformative power of somatic practices to release tension, heighten emotional awareness, and enhance your physical presence within your relationships.
- **Practical Exercises:** Participate in interactive exercises and experiential learning to effectively apply new communication skills and enhance your relationship dynamics.

Embark on this enlightening journey of self-discovery and relationship enhancement. Strengthen your connection, nurture understanding, and lay the foundation for a more fulfilling partnership.

## WHERE

Zoom or Anneriek's beautiful studio in Cattai.

## WHY SIGN UP

It's challenging to keep your relationship healthy... Rediscover your passion and connection, this program combines therapeutic expertise with actionable strategies, leading you towards a healthier, more connected and loving relationship.

## YOUR COMMITMENT

Seven 90-120min sessions form the core of this transformative journey, offering insights and tools to help you upgrade your relationship and communication skills.

Start at any time.

## INTRO OFFER:

**\$900**

(Per Couple)



## PROGRAM CONTENT

### Session 1 - "Assessment of Current Dynamics"

Begin your transformative journey by evaluating the present state of your relationship. This session provides a safe and supportive environment for open dialogue, setting the stage for the work ahead.

### Session 2 - "Understanding Collaboration"

Delve into the intricacies of your partnership dynamics. Gain insight into your collective strengths and areas for development, fostering a more cohesive and effective teamwork approach.

### Session 3 - "Exploring Your Histories"

Unpack the influence of your individual pasts on your current relationship. This session illuminates the origins of your behavioural patterns and relational dynamics.

### Session 4 - "Celebrating Differences"

Embrace the uniqueness of your partnership by exploring the strengths found in your differences. Learn to view diversity as a source of enrichment rather than discord.

### Session 5 - "Fostering Growth"

Cultivate personal and mutual growth to nurture your bond. Acquire tools and strategies to fortify emotional connections and build a flourishing partnership.

### Session 6 - "Enhancing Intimacy"

Delve into the realms of intimacy and sexuality within your relationship. Gain valuable communication techniques to deepen trust, foster vulnerability, and heighten understanding in your intimate connection.

### Session 7 - "Planning for the Future"

As you near the conclusion of the program, this session provides guidance in creating a shared vision for your future together. Learn how to sustain positive changes and continue evolving your relationship beyond the program's completion.



## About Anneriek

I am a Senior Yoga, Meditation, and Mindfulness Teacher, as well as a Somatic Movement and Dance Therapist, Inner Growth & Relational Life Coach.

I am passionate about the transformative power of relationships, in which, as close friends and intimate partners, you embark on a shared journey while honouring your own unique paths.

Having experienced the challenges of nurturing my own 18-years of marriage, I understand the importance of making time for your relationship. It's not just about keeping things in harmony, but about using disharmony for repair to elevate your relationship to a higher relational level.

Most people only reach out for help when their relationship is 'in trouble', however I believe that you should work to elevate your relationship while things are ok! To improve your communication, explore differences, share insights and create a deeper connection with higher levels of trust and intimacy.

**Anneriek Favelle**

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