

# RELATIONSHIP SKILLS FOR MEN

March 26 – April 26, 2020 • Thursdays at Noon  
Online Zoom Lunch Meeting

In all my work with men, the number one consistent theme that causes the most stress is having successful relationships with women.

If you have have this struggle, you owe it to yourself and the women in your life to carve out an hour a week to learn how to better relate to the feminine. This course will empower you to become the skilled and competent leader for healthy relationships in your life and in your romantic partnership.

A sampling of our topics:

- Learn losing strategies and winning strategies for healthy relationships
- Learn practical relational skills for more connected, peaceful, and rewarding conversations
- Begin to identify the relational patterns that cause problems between you and others
- Be fully present and engaged with mind and body with mindfulness and awareness exercises
- Explore healthy sexuality in relationship
- Learn to take personal responsibility for what is ours, and set boundaries around what is not
- Practice in real time to build skill and confidence in your ability to apply them with women

Cost is \$50 per session

**Register by March 2nd and pay just \$40 per session**

**FOR MORE INFORMATION**

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