

# Love Your Relationship

## Sample Schedule

### Day 1

8:30-9:00	Continental Breakfast and registration
9:00-9:45	Welcome and Workshop Overview <ul style="list-style-type: none"><li>▶ What predicts divorce &amp; happiness?</li></ul>
9:45-10:15	Simple Truths about Men and Women <ul style="list-style-type: none"><li>▶ How men and woman can love their relationship</li></ul>
10:15-10:30	Break
10:30- 11:00	Love: Myths, magic, mystery and meaning <ul style="list-style-type: none"><li>▶ Protecting and restoring positive connections: Being Safe at home</li></ul>
11:00 - 11:45	Love talk: Using tools to talk without fighting <ul style="list-style-type: none"><li>▶ First practice with speaker-listener technique (option for using a relationship coach)</li></ul>
11:45-12:15	Friendship: The heart of happiness
12:15-1:30	Lunch (on your own) : (ban relationship talk)
1:30-2:00	Problem-solving made easy
2:00-2:30	Practice 2 (option for using a relationship coach)
2:30-2:45	Why we fight about the small stuff?
2:45- 3:45	Pastry Demo and Snack Break
3:45-4:30	Fun: why work at play
4:30	Wrap up of day 1, questions, homework <ul style="list-style-type: none"><li>▶ LYR FunFest</li><li>▶ Gift Giving</li></ul>

### Day 2

8:30-9:00	Continental Breakfast
9:00-9:30	LYR funfest results <ul style="list-style-type: none"><li>▶ Working through hidden issues to promote intimacy</li></ul>
9:30-9:45	Ground rules for fighting and loving
9:45-10:15	Practice 3: Ground rule meeting, Issue discussion, Fun Deck
10:15-11:30	Break & LYR fun activity <ul style="list-style-type: none"><li>▶ Wine tasting</li><li>▶ Bike repair and maintenance</li><li>▶ Reflexology</li><li>▶ Walk on Boulder creek path and boulder mall</li></ul> <ul style="list-style-type: none"><li>▶ Integrating new skills and activities at home</li></ul>
11:30-12:15	Expectations, Dreams and Core Beliefs
12:15-1:30	Buffet Lunch
1:30-2:00	Being supportive when your partner has problems
2:00-2:30	15 minute each support conversation (no solution)
2:30-2:45	Restoring and Protecting Romance
2:45-3:00	Break
3:00-3:30	Forgiveness
3:30- 4:15	The Heart of Commitment: Balancing work & family
4:15-4:30	Wrap Up, moving forward towards a great marriage