



# The **HeArt** of Relationships

with Ann Ladd, PhD

Summer/Fall, 2022

A five series class for married and committed couples in any stage of relationship.

- The exciting research that offers a road map for Love's Five Journeys.
- 5 practical skills for communication that increases and deepens connection.
- Ways to reduce defensiveness and increase your ability to listen.
- The ability to feel genuine empathy for your partner...instead of secret resentment.
- Harvesting the potential for deeper trust and intimacy from skillfully addressing conflict.
- The secret of expressing upsetting feelings without hurting your partner and your relationship – utilizing full emotional literacy to enhance the relationship.
- New ways to deepen intimacy and express caring.

## COUPLE'S CLASS Summer/Fall SCHEDULE 2022

**(Ballroom allows 6-8 feet social distancing. Molekule air purifier, FDA medical )**

July 15-16	Strengthening and Deepening the Connection: Practical Skills & Tools
July 29-30	What I Bring to the Relationship: Earlier Experiences and Personality
Aug 12-13	Dealing with Differences and Difficulty: Negotiation Skills
Sept 9-10	Re-Creating Passion & Pleasure: Sensuality and Sexuality
Sept 23-24	Visioning Anew: Creating a Conscious Wholehearted Relationship

**Fridays, 7-9:30 pm    Saturdays, 9:30 am-5pm**

**Cost - \$1,250/couple (\$100 deducted if paid by July 1, 2022)**

Includes 2 workbooks and a copy of *Love Skills* by Linda Carroll

Total hours - 47; \$27/hour/couple

*Payment plans available.*

**Limited to 8 couples.**



**Call Ann Ladd to register – 719/251-4006**

**The Connecting Place**

**421 North Main Street, Ste202, Pueblo, CO 81003**

**Give your relationship a gift that keeps giving!**