



DynamicDialogue®

Beyond business as usual

DynamicDialogue® Workshop for Couples

Couples often face difficulty interacting and understanding each other related to:



- ***Outdated perceptions of each other***
- ***Changes in individual and group dynamics***
- ***Marriages, births, aging, death, or divorce***
- ***Differences of perspective or response patterns***
- ***Poor communication and unresolved misunderstandings***

Do you find yourself in the same old conversational rut on important issues in your relationship? Do you want to get out of the rut? Have there been changes in your life or your family that are impacting your relationship? Are you simply looking for something to do together that might be fun and maybe enhance your relationship?

Join us for a day of dialogue for couples. We will look at the way we humans absorb information, get triggered by emotions, and otherwise block our ability to openly and honestly engage each other. We will offer tools and practices for releasing the blocks, for understanding our differences and for creating more freedom and ease in communication. These tools and practices are designed so you can use them immediately. The workshop includes activities, videos, dialogue and materials you can take home to support you after the workshop.



DynamicDialogue® is not therapy. It is experiential training focused on the development of the *Quality of Presence* and the *Quality of Engagement* that make mutually beneficial relationships possible in any environment.

Cost: \$60 per couple **When:** September 29th, 2018, 9:00 AM to 4:00 PM **Where:** Bread of Life, 1260 Fulton, Suite A, Sacramento, CA 95825 **Bring your own lunch.**

Facilitated by: Jean Holsten and Talib Huff

Find out more about how to access our programs for individuals, families, organizations and communities by checking out our website at www.dynamicdialogue.org.

DynamicDialogue® is a program of Bread of Life, a community-benefit educational 501 (c)(3) non-profit organization. Federal Tax ID 20-4538532.

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