

WANT TO LEARN AND PRACTICE SKILLS THAT WILL  
STRENGTHEN YOUR RELATIONSHIP?



## Give the Gift of Resilience One-Day Couples Retreat

Nehelani, Kukui Room ♦ Saturday, December 13  
0800-1600 ♦ Limited Childcare Available\*

Receive tools to effectively communicate, become more self-aware and share joy with your partner.

### Avoid think Traps

Jumping to conclusions? Mind reading? Stop missing critical information or misreading situations that lead to counterproductive patterns in thinking.

### Detect Icebergs

Have you blown up at work or at home and not known why? Can't let something go? Identify what's really going on; examine your core values (what should be) and beliefs (what is) and their effect on your relationships.

### LUNCH ON YOUR OWN

### Assertive Communication

Assertive individuals are more able to work out differences, believe all people should be treated with respect, express themselves clearly and with confidence, and believe what is said by all matters.

### Active Constructive Responding

Respond to others' good news in a way that helps them savor it and relive the experience, you build stronger relationships, a sense of well-being, and increased life satisfaction for both of you.

### Hunt the Good Stuff

Don't focus on the negative, hunt the good stuff, increase your satisfaction with life, perform more optimally, have better relationships, train yourself to be more OPTIMISTIC.

**Contact 655-4368 for questions and to register**

\* Children must be registered with CYSS

