

# Listen

- Communicate within respectful boundaries with the help of a third party present to mitigate behavioral triggers
- Recognize the patterns in your relationship that have held you back
- Replace destructive thinking with a clear, nuanced perspective and be left with a positive interpretation of your love story



## Relationship Retreat



# Learn

- Process your feelings and clean up resentments
- Implement a better design for your relationship dynamic
- Restore a loving connection
- Start the work of changing immediately

# Love Again

- Forgive and be forgiven, once and for all
- Gain a deep sense of peace and resolution
- Get insight into ALL your relationships
- Restore your belief in love



Love is the greatest experience two people can share, but it is not without its complications. If you and your partner are suffering from turbulence, stagnation, unhealthy dynamics, unresolved issues or a lapse in communication, we can help.

An HG relationship retreat goes beyond traditional couples therapy to deliver peace, resolution and a renewed sense of partnership in just ONE life-changing weekend. An experienced coach will guide you through a powerful mediation of past resentments and future fears, so you can get your love story straight and decide upon a resolution together.

Our proven method gets to the heart of what's really at play in your relationship so you can both be heard, understood, and respected. This session will expand your understanding of yourself and each other, and forever alter the dynamic you share.

Email [coach@handelgroup.com](mailto:coach@handelgroup.com) to set up an appointment for a free consultation.



## Couple Testimonials

### From the Wife

I want to tell you what this past weekend feels like and what it has meant. You have given us a gift that is beyond explaining.

Holding on so tight, I refused to see not only my part, but also my own fear and my complete refusal to take the hand that was being offered. I have said that LK couldn't receive, not recognizing that I couldn't. I am blown away by what I have learned of me and of him and the ways in which I blinded myself.

I see how this process does so impact each individual that the possibility for any couple like us is staggering. While we have to do the work for ourselves, there is no way we can do this without you, your guidance, your method. Mostly, it is your compassion that pulls us out of scary places and wakes us up to what life and love is supposed to really be.

I feel braver and I see how brave LK actually has been and is now. I am so happy we are in this together. I can't imagine walking this road alone without him. I am grateful for all of you. I am very happy. And what's more, I'm happy to see the joy and love in LK that I have missed seeing for so long. Thank you. ~ LS

### From the Husband

It is hard to put into words how meaningful I found this weekend and how much the two of you have helped LS and me find the path back. It has been a long time since I have felt this good, and for that I thank the two of you.

I truly believe I can do anything when LS and I are together. She truly is the love of my life and the thought of losing that was devastating to me. Thanks to you we have the tools to really make a difference. I will be forever grateful to both of you. (just as long as you don't let anyone know that I cried or that I actually need affirmation).

All kidding aside, this goes down as one of the greatest weekends I've ever spent. Thank you, thank you. ~ LK