

# Life Path

## Put More YOU in YOUr Relationships! A Workshop for Singles

2007 Workshop Series



### Upcoming Workshop Date:

December 15, 2007

Saturday 10-5

\$100 per participant.  
Fees include workshop itself and workshop materials.  
Lunch is not included.

Jennifer K. Sanford M.S., MFT

860-874-4805

sanfordjenn@aol.com

www.JenniferKSanford.com

©2007 Jennifer Sanford

This is a condensed version of a 6 week workshop that I offer. This course is appropriate for singles not currently in a relationship, who are tired of encountering the same experiences over and over again and want to learn the secret to finding and keeping lasting love. This workshop is all about transformations.

Often we are tempted to think the problem is *finding* the right person. But this workshop is all about *becoming* the right person instead.

### What you will gain from this

#### Workshop:

#### Understand the Mystery of Love

Learn about the various stages of love and develop an understanding of the difference between romantic love and real love. Insight into the power struggle often experienced in love.

#### New Relationship Skills

Discover ways that you can subconsciously sabotage your relationships in order to prevent yourself from experiencing unnamed fears and anticipated pain, and negative cycles of relating. With these new tools, you will know

how to reframe conflict into growth in your next relationship.

#### Healing Past Wounds

Begin the healing process from past relationships by "saying goodbye" to former partners. By releasing old feelings, you will begin to get over your fears and move into the future more complete and confidently.

#### Self-Discovery

Learn about your inner walls that prevent you from fully experiencing intimacy in relationships: Why you are attracted to the same types of partners/relationships time and time again; the connection between your relationship frustrations and your childhood frustrations; your past wounds and corresponding defense mechanisms that prevent you from feeling hurt again.

#### A New Plan for Personal Change

By the workshop's end you will know what you need to change within yourself in order to foster the love you desire with someone else. You will create a personal, step-by-step plan to help you successfully achieve your goals.

#### Meet New People

Meet new people who are also interested in personal growth.

#### Resources

This workshop is an integrative collection which includes theories based on Imago Relationship Therapy and the book **Keeping the Love You Find** by Dr. Harville Hendrix, Ph.D.

#### Questions about the workshop?

Please email Jennifer Sanford at [sanfordjenn@aol.com](mailto:sanfordjenn@aol.com) or call 860-874-4805. Registration information is also available at [www.JenniferKSanford.com](http://www.JenniferKSanford.com)

