



# 2021's RELATIONSHIP BOOTCAMP

## BEING YOUR BEST IN YOUR CURRENT OR NEXT RELATIONSHIP



### SERIES DESCRIPTIONS:

*All sessions are on Tuesday evenings on Zoom from 6:30pm-8:30pm*

#### **1. What am I Bringing to the Table? (February 9th)**

Am I still giving good face? While no one will be perfect before, during, or after a relationship, you should want to make sure that you are a whole person. Consider what you can or do offer another person in a relationship, and make sure it's more good than bad. It's not another human being's job to save us or make us complete. Furthermore, isn't it unfair to require someone to have it all together when you don't have it all yourself? This class will allow participants to evaluate themselves and see if they are STILL a good partner or if they are even ready to be a good partner. [REGISTER HERE](#)

#### **2. Break Bad Relationship Habits (February 16th)**

Albert Einstein (aka the smartest man ever born) once said "Insanity: doing the same thing over and over again and expecting different results." I'm pretty sure Einstein wasn't thinking about being in a relationship when he penned this insightful quote, but it's a great 13 words to think about when you're repeating the same thing over and over in your relationships. By being aware of the obvious and not-so-obvious behaviors that can drive your partner away, you can work toward making healthier choices and breaking any bad habits that may interfere with love. This class will let you see if you're engaging in habits that may create space and disconnect in your relationship. [REGISTER HERE](#)

#### **3. Know Your Worth (February 23rd)**

To be worthy means you are able to see your own worth. If the other person can't see your worth, so be it. Find a partner who can. You may be wondering how it's even possible to end up in a relationship that damages your self-worth. When we get so close to another person, we might put the other person's needs before ours and constantly seek their approval unintentionally. Losing your self-worth in a relationship obviously isn't ideal, but this class will show how it's fixable. [REGISTER HERE](#)

#### **4. Love Languages (March 2nd)**

In this fun and informative workshop, I'll explain Gary Chapman's 5 "Love Languages". We will figure out which language you and your partners speak, and get you back to speaking the same language. I'll also cover some special aspects of using the Languages in non-romantic relationships, such as with children, friends and relatives. [REGISTER HERE](#)

#### **5. Immediate Deal Breakers and Relationship Failures (March 9th)**

Relationships are complicated, so it makes sense that some so-called deal breakers should be ignored, but some quirks are such bright red flags flapping violently in the wind that they simply *must* be acknowledged. Whether that means working together on a compromise or accepting that a person is just all wrong for you, we'll discuss neon warning signs that usually cause a relationship to fail. This class will help you watch for red flags—indicators that something needs to be questioned or otherwise validated. Often these are clues that something may be trouble in the future. [REGISTER HERE](#)



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#### 6. Dating as a Parent (March 17th)

"I'm too busy to date right now." We've all heard it and most of us have said it ourselves. While it is very likely true that you are busy, if you really want to meet someone—or keep the love alive in the relationship you're in—you MAKE time to date. Dating as a single parent presents its own set of unique challenges. And NOT finding the time to date your partner when you're already in a relationship can be detrimental to your love life. This class will offer some great dating tips to help make it a lot easier for everyone involved. [REGISTER HERE](#)