



Practical Skills for Relationship Fitness

Join us for three free mini-workshops.



The Power of Self-Connection

Thursday, August 3

Do you work hard to keep peace in relationships at all costs, or deal with conflict by reacting or withdrawing?

Learn to tame your automatic emotional and thought triggers and connect to the true source of your personal power: your deepest feelings and core needs.



Dancing with Differences

Thursday, August 31

Are style and communication differences leading your relationship from closeness to emotionally-costly conflict?

Learn how to blend and capitalize on differences. You'll learn practical skills to forge trust, cooperation and good-will.



Practical Skills for Conscious Conversations

Thursday, September 28

Are you sick and tired of important conversations flipping sideways and increasing emotional distance?

Learn proven skills and simple steps that bring understanding and connection into your most challenging conversations.

Workshops are 6pm - 7:30pm

At Trunk Trainers: 73-5619 Kauhola St., #107
Seating is limited to 20.

Please RSVP: andrea@connectandthrive.net
808-345-0907

Andrea Pro, a Certified Nonviolent Communication coach and trainer loves to work with people who are ready to get unstuck from relationship pain and conflict and to move towards healthier, mutually-fulfilling relationships characterized by deepening authenticity, emotional safety, intimacy and trust.

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