

# RECONNECT: a couples' weekend

Presented by the Saskatoon Unitarians and Affirm United

Saskatoon Unitarian Centre, 213 2<sup>nd</sup> Street East, Saskatoon

Friday Nov 24 - 7 to 9:30 pm | Saturday Nov 25 - 9:30 am to 4:30 pm | Sunday Nov 26 - 2 to 5 pm

## Schedule

### Friday Night – 7 to 9:30

Opening Night Introductions

Exploring topics of:

- Three centres (gut, heart, head)
- Emotional Intelligence
- Conflict (Visual Exercise)
- Communication
- Language Focus Neurolinguistics

Debrief and Q&A

### Saturday Morning – 9:30 to 10:30

Opening Meditation

Getting into the Gut (Partner exercise)

Exploring topics of:

- Boundaries
- Language Focus – Instinctual Variants
- Listening Skill: Paraphrase

### Break – 10:30 to 10:45

### Saturday Morning – 10:45 to noon

Family of Origin (Listening skill practice)

Debrief and Q & A

Getting into the Heart - Partner exercise

Exploring topics of:

- Being seen
- Language Focus – Hornebian Groups (Social styles)

### Lunch Break – noon to 1 pm

### Saturday Afternoon – 1 to 2:45

Listening Skill: Emotion check

Support (Listening skill practice)

Debrief and Q&A

Getting in the Head – Partner exercise

### Break – 2:45 to 3

### Saturday Afternoon – 3 to 4:30

Exploring topics of:

- Monkey Mind vs Quiet Mind
- Language Focus – Harmonic Groups (Approaches to a problem)

Listening Skill: Story Listening

Values or Spirituality (Listening skill practice)

Debrief and Q&A

### Sunday Afternoon – 2 to 5

How similar/different are we? – Partner exercise

Exploring topics of:

- Is there anything missing?
- Review of all listening skills

Debrief Circle of Gratitude/Honouring our relationship

Closing