



Resolute Recovery

SHAPING THE PATH TO RECOVERY

Doing your homework: private couples workshops.

RESOLUTERECOVERY.COM



Evidence based learning for couples struggling to make real change.

Get back to the love. We're ready for you.

PHONE: (847) 584-2085 HELLO@RESOLUTERECOVERY.COM



TAKING ACTION

- Custom workshops for couples striving to live healthier lives.
- Schedule in increments of 3-6 hours in a monthly series or full day intensive workshops.



PRACTICAL TOOLS

- Apply skills in real life situations.
- Practice with professionals to turn concepts into techniques that work in your relationship.
- Figure out what healthy communication really means.



REAL FEEDBACK

- Custom workbook as a practical guide with resources that make sense.
- Capstone report highlights insights and captures the experience.



TWO DAY INTENSIVE SAMPLE AGENDA:

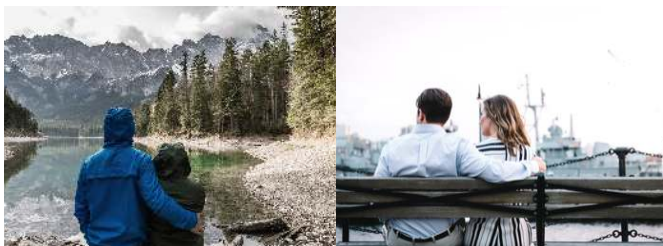
GET THE SPARK BACK: WRITE THE LOVE STORY YOU HOPED FOR

When your relationship is struggling, there is more you and your partner can do to gain traction. We've designed an intensive workshop and multi-part series with the tools to create an immediate impact.

Carefully selected, custom evidence based modules create a life-changing experience over days to weeks. Select from:

- Practical Tools
- Psychoeducation
- Skill Building
- Q&A Topics
- Role Plays
- Experiential Work

Considerate scheduling, onsite at your location or at ours, includes food and refreshments. Each workshop includes a custom workbook and culminates in a report summarizing insights for continuing your work at home.



DAY ONE

- 4:00 PM *Welcome and Introduction*
- 5:30 PM *Psychoeducation:
Family Dynamics and Roles*
- 7:00 PM *Role Play: Choosing Your Partner*
- 7:30 PM *Wrap Up*
- 8:00 PM *Day One Concludes*

DAY TWO

- 10:00 AM *Check-in*
- 10:30 AM *Q&A: Building Trust After
Deception: Answers to the
Difficult Questions*
- 11:30 AM *Skill Building:
Hard Conversations 101*
- 12:30 PM *Catered Lunch*
- 1:30 PM *Practical Tools:
Responding to Emotional Bids*
- 3:00 PM *Feedback and Next Steps*
- 4:00 PM *Workshop Concludes*