



bringing respect back

a new approach to connecting

Thursdays 7 - 8:30pm
February: 16 - March 8
Cost: \$150 per couple
Early Bird by Feb 1: \$125
Seating is limited
Register online at our website

LifeWork Retreat Center
3500 Spring Rd
Oak Brook, IL 60523
630-655-0404
www.lifeworkcounseling.net
info@lifeworkcounseling.net

what you will learn

- How to shift from reactive to respectful dialog
- How to shift from attacking each other to attacking the problem
- How to minimize conflict and maximize connection
- How to build healthy boundaries around your relationship
- How to bring the fun and friendship back

what you will experience

- moments of laughter
- moments of "I get it!"
- moments of success in connecting as a couple



Presenter/Facilitator: Don Olund, LCPC

Don is a Licensed Clinical Professional Counselor and the owner of LifeWork Counseling. A communication relational specialist, he helps couples build happy, respectful relationships by transforming unhealthy communication patterns in to positive connections.

Don specializes in couples and family counseling, is a contributing author in clinical literature and is currently writing a book on respectful relationships.

Please return the completed form with a check made payable to: LifeWork Counseling to the address listed above.

First Names _____ & _____ Email _____

Last Names _____ Email _____

Address _____ City _____ Zip Code _____

Phone _____