



Love Cycles presents

Love Skills

A Virtual Class for Couples

“This is going to be a period of great growth for relationships. Couples are either going to grow together or grow apart. Therapists love to advise couples to create quality time for themselves, and now we have more of it than ever. Use it wisely—and positively.”

-Helen Fisher, author

Experience a deep-dive into issues and resolutions:

- How the qualities which attracted us to each other can be the most difficult to manage when we are together 24/7
- The impact of stress on relationship
- Manage defensiveness
- How personality types can wreak havoc in relationships
- Practicing the Pause: the five top skills of communication
- Two essential rituals of connection
- Optional: (3) Three private 45-minute sessions with each couple

Register here today:

<https://lindaacarroll.com/love-skills-june-2020/>

New Class Begins

July 10, 2020

With Linda Carroll
and special guest Deb Lyman
for the Enneagram

Fridays, 4-5pm

July 10

July 17

July 24

July 31

August 7

August 14

August 21

\$395, insurance billable
and workbook included

