

LOVE SKILLS

A Virtual Class for Couples

With Linda Carroll

and special guest Deb Lyman for the Enneagram

New Class Begins

Oct 12, 2020

Mondays, 5-6pm

Oct 12 Nov 9

Oct 19 Nov 16

Oct 26 Nov 23

Nov 2

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

\$595 per couple or
\$300 per person

insurance billable
and workbook included

Register here today:

<https://lindaacarroll.com/lv-virtual-fall-2020/>