

## **The Ultimate Relationship Workshop (workshop)**

While it is true that “birds of a feather flock together” when it comes to friendships, when it comes to intimate relationships the cliché “opposites attract” more aptly applies. There are numerous, powerful systems to help you understand the joys and frustrations of your intimate relationships and in this workshop we are going to combine five of them for a more comprehensive, holistic understanding of your relationship dynamics. We will also look at specific ways to improve your closest relationships based on proven methods from relationship experts like Harville Hendrix, Gay and Kathlyn Hendricks, and Drs. John and Julie Gottman. This workshop will focus on relationship issues using the Myers-Briggs system, the Enneagram, the DISC system, the Aura Colors system and Astrology. I can assure you this workshop will not be for the birds! Although this is not my intent, you’ll actually be able to kill two birds with one stone by coming to this workshop because you’ll not only learn more about your specific relationship dynamics but also more about yourself too!

If you have any questions please feel free to e-mail me at [grussrowe@cox.net](mailto:grussrowe@cox.net) or call me at (619) 347-5440.