



## RelateWell Couples Programs

### Preparing to say 'I do'

Congratulations on your decision to say 'I do'.

In working with couples in the relationships space since 1978, partners in healthy, fulfilling and committed relationships benefit in many aspects of their life, including improved personal, emotional and physical health.

In choosing a marriage celebrant, you are inviting the celebrant to become part of the significant journey which is marriage.

Behind all the wedding preparations, is a preparation for a lifelong commitment comprising of many significant transitions. This is where RelateWell relationship programs play a pivotal role in your journey.

Our 'Let's Make It Work' programs will not lecture you about how to behave or act once married. Nor will we advise on ways to live your life.

What we do is provide you with the relationship skills to keep your relationship strong and happy – providing you with the tools and know-how early in the relationship cycle rather than later. You may think that there is nothing else to learn about your relationship and your partner, and attendance will be a waste of time, but no one ever leaves without gaining some insight reflected in our couples feedback and referrals.

Couples feedback and level of engagement indicates a pleasantly surprising experience, valued by all, even when there was an initial reluctance to attend. When we pose the question in our evaluations: Would you recommend others to come to our workshop and why, following are a cross-section of responses:

- *'Modern in approach and engaging, interactive'*. (S.M)
- *'Opens you up to situations that could arise in your relationship and helps with skills'*. (L.M)
- *'Makes you acknowledge and plan for differences'*. (S.F)
- *'Great experience, mind opening for those who lack in expressing themselves'*. (J.R)
- *'An open forum to discuss relationships with other people in the same situation. Gives you things to think about, strengths and weakness to discuss together in a structured way'*. (M.B)
- *'Learn more about the importance of communication; learning more about each other'*. (A.B)
- *'Talks about things you wouldn't think of normally. Helpful skills to problem solve'*. (D.M)

- *'Things to learn about for yourself as a person, to be a better you. Things to learn about in your relationship you don't normally think of. How to make a successful life together'.* (A.M)
- *'Wasn't as boring as initially expected. Engaging, valuable tools to utilise in daily life'.* (E.A)
- *'Fun. Worth it. Great experience. Thank you'.* (F.T)
- *'Knowledge is power. Give you skills to make your relationship succeed and find help'.* (C.F)
- *'Surprisingly helpful. Talks and engages you with your partner. Relationship areas to work on. Great day spent'.* (N.R)

**Your marriage celebrant will assist you in making your wedding day memorable.**

**RelateWell will assist you in "Making It Work".**

If you would like to learn more about our programs and/or reserve a place, please call **(03) 9354 8854** or email **relate@relatewell.org.au** or visit our website **www.relatewell.org.au**

We look forward to seeing you at one of our 'Let's Make It Work' programs.