

## Opportunities to Improve Your Relationship:

It is Valentine's Day at the end of the week and just in time for that, I will be putting on a shortened version of a full length Romance course for couples. This beta course will last for 3 weeks and will include a live audio webinar lasting 1 hour on February 15th and in the following 3 weeks, there will be romance and mindset invitations to help you redesign your romance in your relationship! for lots of further information, click the link here.

## Romance for Couples

### **Your partner may have complained:**

- Why can't you be more romantic?
- What happened to the fun lovin' feelings we used to enjoy?
- Why can't you be more like Jennifer - she is so obviously loving?
- He just planned such a fun date night for Jane... You used to do romantic things when we first knew each other but now I am lucky if I get a card a year that says "I love you".

### **You may have felt:**

- It's just not me - I'm not that kind of guy or gal
- There is just so much water under the bridge - I don't know if I can get there again
- Inside you are saying "I don't know where to start"
- The words don't come easy for me
- The whole romance thing feels unnatural
- You have felt criticized about your romantic gestures in the past and you are afraid you may fail again - I don't know if I can risk trying
- It just seems like too big of a project – "I don't know if I have the time right now"
- I can't meet the expectations in the course -it looks too hard

### **With this program you have the potential:**

- to overcome your negative feelings about yourself as romantic
- to see the love that you are extending to your partner being mirrored back at you in the eyes they show you
- to feel harmony between you

- to feel your own love and passion being rekindled in your relationship
- to find new ability to create work/life balance knowing your relationship is going well
- to become a master at romance - see yourself becoming the lover that your partner has wanted you to become and see your relationship revive and thrive

**Remember - in this Program:**

We have given you simple, playful, romantic gestures and have even sent you reminders 2x a week. You LOOK spontaneous, playful and romantic while you are relearning who your romantic self is again.

- The program itself seeks to ease you into romance with a sense of safety and effectiveness.
- The learning curve risk is minimal as you begin the romance gesture process without too much face to face contact and eventually move towards more face to face as you get more comfortable.
- The program is designed to nurture and call out to the playful in you - feel yourself changing
- You do not need to absolutely follow the romantic tip-of-the-day but let it inspire you to do something romantic - you and your partner's way!
- Expect to enjoy the process - it will not only change and soften your relationship, it will start to change you inside, moving you towards a more satisfying relationship
- The romantic gestures are easy to more challenging - your choice, all designed to make romance a part of your everyday
- Remember that feelings are changed by actions and mindset - expect your feelings to change!

**What to expect:**

1. When you first begin, you will come to an audio webinar on Saturday February 15th. You will receive a link to the call through an email. The call will be non-threatening in that you will announce your first name only and you need not answer any of the questions I might ask, but if you choose to do so, you may.
2. The content of the call will give you some information on your languages of love and other extra hints you need in order to make you successful during your 3 weeks.
3. You will receive two notifications of possible romantic gestures in a week for the three weeks, beginning Monday, February 17th. There will also be an email to help with your mind-changing.

4. You will purchase a notebook/journal to write love messages to your partner a couple of times a week for the duration of the three weeks. The book should be firstly, a journal that your partner would like to open and keep at their bedside and secondly, one that appeals to you to write in. Information about how you will use this tool will be given to you on the audio call. The journal will begin to be used in the week of February 17th.

5. Don't worry - you will be supported in choosing these written messages by many examples of characteristics to choose from and ways to say things until you get used to the 'how to'.

### **Bonus at the end of the Program**

For those couples who complete the Program and write the answers to a short survey before and after the class to inspire others, there will be a follow-up eBook that you can download immediately after your final survey is returned. The Bonus book, "Dating your Mate and Making it Great", is a book to help spark ideas for inexpensive dates. This will help you to make this 'romance thing' an evolving part of your life and relationship.

\*Remember that this is a Beta testing class, therefore, your participation will require responses to a survey before and after the class is held in order to be in on the reduced rate. People have asked, What if I want to continue after that for the full 6 weeks? We can arrange that for you. Talk to me about that near the end of the 3 weeks at [lynda@lyndachalmers.com](mailto:lynda@lyndachalmers.com)

### Registration:

To register, please send me an email, giving me your name, and the email you want the survey and the weekly emails sent to. Remember each member of the partnership needs to give me their name and email address. \* Please put romance in the subject line so that I know the course you are interested in. The cost of the Beta Course is \$9.99 and you can send the payment to my account, [lynda@lyndachalmers.com](mailto:lynda@lyndachalmers.com) at [www.paypal.com](http://www.paypal.com) where you can use your own paypal account to pay or use your charge card. You can also use an e-transfer through your bank, if you choose to do this from your bank instead of paypal. Your registration will be complete when I have received the completed survey from you as well as the payment. I will enjoy "seeing" you on our Saturday, February 15th 10:00 call.

### Who am I?

My name is Lynda Chalmers and I have been counselling individuals and couples successfully for more than 20 years. The issue of romance comes up more than you can imagine and I am genuinely excited for you to give this program a try and have you experience for yourself the changes that are possible. Are you ready to join us?