



ONE DAY RETREAT OUTLINE

IN EVERY GREAT STORY, THE HERO EMBARKS ON A
TRANSFORMATIVE JOURNEY,
FACING CHALLENGES, SEEKING GUIDANCE, AND ULTIMATELY
EMERGING VICTORIOUS.

YOUR LOVE STORY IS NO DIFFERENT.

SESSION 1: OUR PERSONALITY MOSAIC

Guided by insights from personality assessments, collaboratively assemble a mosaic that beautifully captures the essence of your combined personalities. This non-intimidating and engaging activity fosters teamwork, celebrating the intricate and colourful tapestry that is your partnership.

SESSION 2: EXPRESSIVE NEEDS DIALOGUE

Focus on effective expression of relationship needs, providing practical tools for ongoing communication. Empowers couples to articulate and address their needs openly, fostering a deeper emotional connection and understanding in their relationship.

LUNCH

Savor a delightful lunch experience with the option to order from the restaurant, choosing between sharing the meal with other couples or enjoying a private setting, followed by a scenic walk to embrace the tranquil surroundings.

SESSION 3: CONFLICT CHRONICLES

This interactive adventure, focusing on prioritizing partner needs, turns conflict-solving into a joyful journey, fostering understanding and unity within relationships. Engage in a unique and entertaining experience that adds a touch of fun to conflict resolution skills.

SESSION 4: CHARTING OUR FUTURE

Explore and articulate the values important to both you and your partner, weaving them into a shared vision for the future that promises mutual benefit, reward, and excitement.