



MindSpring Consulting
966 Tunnel Road
Asheville, NC 28805
Inquiry@HelpingYouGrow.com
www.HelpingYouGrow.com
828-298-2488

The Relationships Program: Electricity and Boredom

Quick Look: Weekend program (6:00 PM Friday - 3:00 PM Sunday) / \$375.00

OVERVIEW

It is through relationships with other people that you are able to generate an identity of who you are. To that extent relationships are essential. Relationships are constantly changing, asking you to adjust your expectations and experiences, and as a result, relationships present enormous opportunities for growth and upheaval.

Over the course of the program, you will gain a working knowledge of how your relationships are formed, what makes them wonderful and what makes them break down. The workshop focuses on three primary barriers to successful relationships and the four cornerstones of daily life in relationships: money, love, sex, and God.

Electricity and Boredom provides you with the conditions for increasing your ability to create the kinds of relationships you desire. Because of the intent of this program, it is intended for singles, as well as couples.

OBJECTIVES

- Become aware of how personal obstacles form empowering relationships.
- Gain insight into the three primary barriers in relationships.
- Become aware of how you may sabotage your relationships.
- Reclaim and grow passion in the relationship.
- Identify Essential principles that govern successful relationships.

BENEFITS

- Ability to know what conditions are required to make your relationships more joyful and fulfilling.
- Recognize your purposes within relationships.
- Ability to adjust outcome patterns and relationship intentions.