

ABOUT THE SEVEN PRINCIPLES PROGRAM

This experience will give you new insights and research-based relationship skills that can dramatically improve the intimacy and friendship in your relationship and help you resolve conflict in a healthy, productive way.

the Seven
Principles *for* Making
Marriage *Work*

GOTTMAN LEADER

We will combine teaching and role-plays with intimate one-on-one encounters between you and your partner to deepen your relationship with each other. Confidentiality is strictly maintained.

Relationship Counseling

Workshop based on *The Seven Principles for Making Marriage Work* by Dr. John Gottman

Led by Sabita Kondle
M.A., LMFT, LPCC
(530) 713-9829
and

Stephen Ruble
M.A., MFT Trainee
(916) 954-1627

Atibas Inc
Live Life Intentionally

📍 To Be Announced

🌐 www.atibasinc.com

✉ sabita@atibasinc.com

Presented by the area's only Certified Gottman Therapist, this one-day couple's workshop is based on the internationally acclaimed research of Dr. John Gottman as presented in his *New York Times* Bestselling Book:

the Seven
Principles *for* Making
Marriage *Work*

Do you have difficulty communicating and understanding each other? Are you stuck, arguing in circles about the same issues? Or are you in a good relationship and would like to make it even better?

THEN, THIS WORKSHOP IS
FOR YOU!

YOU WILL LEARN HOW TO:

- Foster respect, affection and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict gridlock
- Strengthen and maintain the gains in your relationship

This workshop is partnered with the non-profit Save Family Foundation
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THIS PROGRAM IS DESIGNED FOR:

- Married couples
- Pre-engaged couples (those considering marriage)
- Engaged or Premarital couples (those taking steps towards marriage)
- Every phase of relationships, from newlyweds to senior couples
- Those who wish to enhance an already "good" marriage or relationship
- Those needing better conflict management tools
- Those considering couples therapy but who are not "ready" for weekly therapy yet
- People of all backgrounds, ages, faiths and sexual orientations

If you are dealing with emotional abuse, domestic violence, unwanted touch, or substance abuse, this class is not appropriate, and you should instead seek individual or couples therapy.

YOU WILL NEED ONE OF THE FOLLOWING TO COMPLETE YOUR WORKSHOP EXPERIENCE:

