



ENLIGHTEN



UNITE



REACH



REIMAGINE

Connect Deeply.

Strengthen your Bond in four phases...

What to Expect in Every Session:

Warmth, support & acceptance.

Emotional insights and growth.

Rewarding private couple conversations.

Group sharing & activities.

At-home practice exercises.

Personalized guidance from facilitators.

LEARN...

how our attachments in infancy, which allow us to survive, mirror our partnerships in adulthood, which are critical for health.

ENGAGE

Discover how your upbringing and personal attachment style impact the way you engage & bond with your partner today.

APPRECIATE...

how our need to bond can deeply impact our behavior. Both you and your partner strive for the same sense of safety and belonging. You can find it in each other!

LEARN...

how attachment behaviors try to keep us safe from loss & rejection, but they may also push our partner away & create negative cycles.

ENGAGE

Together, describe the exact cycle that controls your relationship. Name deeper needs & hurts that feed it. Team up, step outside it, and defeat it together.

APPRECIATE...

how most conflict is fueled by the "primal panic" of feeling disconnected from our partner. Knowing your common enemy helps avoid blame and fight for your love together.

LEARN...

how our greatest fears & worst moments in our relationship reveal exactly what we need from our partner to feel safe & bonded.

ENGAGE

Reach out to each other by sharing a difficult moment or a big fear. Truly hear each other, heal & forgive. Forge a stronger bond that satisfies your emotional needs.

APPRECIATE...

the restored bond you can create by committing to give your partner what they need most: emotional availability, responsiveness, & engagement.

LEARN...

how a restored bond and common language of attachment can help you confidently face conflict and renew a vibrant sex life.

ENGAGE

Use your new level of trust to help you share your fears and desires for intimacy. Reflect on your lab experience and create a new love story for your future.

APPRECIATE...

that these concepts don't wear off or stop working, despite doubts or fears. If you return to them frequently, your bond and your love are an infinitely renewable resource!