

# 2 ½ DAY WORKSHOP CHEAT SHEET

## FRIDAY EVENING – PREPARATION AND PSYCHOLOGY

Learn about how your mind works and why we do what we do. This builds a foundation for all the learning to come, things like;

- ✔ 5 types of resistance to change and how you can overcome them
- ✔ 5 stage of a traditional relationship and how to make them work
- ✔ Ultimate success formula and how it works for you
- ✔ Your perception and how it distorts your reality
- ✔ Understanding baggage, why we have it and how we can use it for good.

## SATURDAY MORNING – IT'S ALL ABOUT YOU, GLORIOUS YOU

Discover the values that make you an amazing partner. This is a journey about you that you didn't know about, with things like;

- ✔ Understanding your emotions and how you can make them work for you
- ✔ Dealing with your past, learning its wisdom and finally letting it go
- ✔ Discover why you had the partners you had, 'good' and 'bad'
- ✔ Learn about self-sabotage patterns, limiting beliefs and more

## SATURDAY AFTERNOON – THE JOY OF 'PRE-DATING'

Learn how to 'pre-date' people so you can 'qualify' them to go on an actual date with you, with things like;

- ✔ Learning how to connect on different levels with someone
- ✔ Create sexual tension so you can create attraction
- ✔ Know how to approach and engage people effortlessly
- ✔ Control a conversation with less effort and more results

## SUNDAY MORNING – DESIGNING YOUR IDEAL PARTNER

Enjoy creating your ideal partner that allows you to have an almost effortless relationship, with things like;

- ✔ Designing your “Better Dating Blueprint” so you know who to look for
- ✔ Using the wisdom of your past relationships to improve your next one
- ✔ Understand the different aspects of masculinity and femininity
- ✔ Learn about the evolution of relationships and how it affects us now

## SUNDAY AFTERNOON – EFFORTLESS RELATIONSHIPS

Learn the skills, tools and processes needed to create and build an almost effortless relationship, with things like;

- ✔ Learn how to build intimacy and connection with your partner
- ✔ Discover how you can have 'conflict' without the conflict.
- ✔ Having effective communication and understanding with each other
- ✔ Having a fun, enjoyable sex life that is everything you hoped for