

THE HOUR MENTAL CARE



love

intentionally

WORKSHOP

USING THE GOTTMAN METHOD

8 AUGUST 2026

10 AM - 6 PM

**“Building Healthier
Relationships
Through Connection,
Communication &
Understanding”**

Welcome to Love, Intentionally Workshop

Thank you for choosing to invest intentionally in your relationship journey. This workshop is thoughtfully designed for couples who are preparing for marriage or seeking to strengthen emotional connection, communication, and relationship understanding in a healthier and more meaningful way.

Developed based on principles and interventions from The Gottman Method, this workshop combines relationship psychology, guided reflections, communication tools, and practical exercises to help couples build stronger relationship foundations.

Whether you are engaged, newly married, or growing together through different phases of life, this programme aims to provide a safe, reflective, and interactive learning experience for both partners.

What to Expect

Full Day Interactive Programme

10:00 AM – 6:00 PM

A carefully structured workshop experience combining:

- Psychoeducation
- Couple reflections
- Guided discussions
- Communication practice
- Interactive relationship exercises
- Real-life application sessions

This is not a lecture-only programme. Couples will actively participate throughout the day in meaningful conversations and practical relationship-building activities.

Workshop Highlights

01

Interactive Couple Experience

Engage in guided activities and discussions designed to strengthen emotional connection and relationship understanding.

02

Practice Sessions

Participants will practice applying communication and conflict management techniques during live guided exercises.

03

Evidence-Based Relationship Tools

Learn practical relationship skills developed based on the The Gottman Method.

04

Reflection & Connection

Meaningful opportunities to better understand your partner's emotional world, needs, values, and relationship patterns.

WHAT PARTICIPANTS WILL RECEIVE

Workshop Workbook

Each couple will receive an exclusive relationship workbook to:

- complete throughout the workshop,
- bring home after the programme,
- and continue practicing together beyond the session.

The workbook includes:

- communication exercises,
- conflict discussion guides,
- emotional awareness activities,
- appreciation practices,
- relationship reflections,
- and practical couple exercises based on Gottman relationship techniques.

Programme Materials

Participants will also receive:

- guided worksheets,
- reflection activities,
- practical relationship tools,
- and digital resources.



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MEAL PACKAGE

Packed Meal Package by Chef Fendi Shah

Participants will enjoy specially prepared meal selections during the workshop:

Meal Options

Option 1

Nasi Ayam Kicap Serai & Sambal Gesek

Option 2

Creamy Cajun Salmon Pasta

Meal preferences can be selected during booking checkout.



**BY CHEF
FENDI SHAH**

Learning Outcomes



By the end of the workshop, couples will:

- Improve healthy communication skills
- Learn how to express emotional needs constructively
- Understand conflict management techniques
- Build emotional safety and trust
- Practice appreciation and emotional responsiveness
- Strengthen relationship connection and partnership understanding
- Develop healthier relationship habits and rituals

WHO IS THIS FOR?

This Workshop Is Suitable For:

- Engaged couples
- Couples preparing for marriage
- Newly married couples
- Long-term couples seeking reconnection
- Couples wanting healthier communication and emotional connection

No prior relationship programme experience is required.



Time	Session
10:00 AM	Registration & Welcome Session
10:30 AM	Relationship Foundations
11:30 AM	Emotional Connection & Love Maps
12:30 PM	Lunch Break
1:30 PM	Healthy Communication Skills
2:45 PM	Conflict Management & Repair
4:00 PM	Guided Couple Practice Session
5:00 PM	Shared Meaning & Relationship Vision
5:45 PM	Reflection & Closing Session
6:00 PM	End of Programme

Relationships grow stronger not through perfection, but through **intentional communication, emotional safety, understanding, and continuous effort** toward one another. We look forward to sharing this meaningful journey with you.



MADE WITH LOVE

Candle Care

- Allow the wax to melt to the edges on the first burn
- Place on a heat-resistant surface
- Stop burning when 1 cm of wax remains
- Burn no longer than 3-4 hours at a time



Thank
you!

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