



Deepening Relationships: A weekend retreat for couples to co-create a profoundly fulfilling partnership

Led by: Pamela Ramadei, Master Certified Coach & Rich Jewett, MA, Individual & Relationship Coach

Are you yearning to enrich your relationship?

Relating well to our loved ones is fundamental to “living on purpose” and to our sense of belonging in the world, deepening the quality of our lives in ways that little else will. In this, Self Reflection, combined with open and trusting communication, is essential. This retreat focuses on enriching the quality of committed relationships through the realization that our ability to holistically experience ourselves is limited without the reflection of another.

As leaders of this couples retreat, professional coaches Pamela Ramadei and Rich Jewett will facilitate a process of collective wisdom designed to create awareness. Through this collective wisdom, we can gain the ability to get honest and clear about the present and let go of any aspects of the past that are no longer useful, to envision a future relationship that aligns with each partner’s values, purpose and passion, and to provide encouragement for living a life of integrity and loving fulfillment.

About the retreat leaders: **Pamela Ramadei** is a Master Certified Coach & Trainer with twenty-five plus years of diverse experience in coaching and training executives and teams, families and couples toward their full potential. Her diverse client base includes private industries such as telecommunications and health care plus the US Federal sector and state school boards. Ms. Ramadei’s specialties also include conflict resolution and communicating with competency and purpose- especially in those most important relationships with bosses, spouses and children! Pamela is recognized as a calm yet powerful and innovative coach, trainer & facilitator.

Rich Jewett is a Professional Coach and Holistic Psychotherapist. His extensive background includes the training of therapists in body-centered techniques, and 20 years experience in the insurance industry. He is the author of eight books, most applicably *Bitter Medicine: Adult Immaturity In The American Male*, and *Dance On Fire*. Mr. Jewett possesses a depth of wisdom and sincerity that creates a courageous learning environment.

Together their effectiveness as retreat leaders is exponential. They co-create high levels of engagement, trust and fulfillment with both integrity and playfulness! Rich and Pamela reside in the Rocky Mountains of Colorado and are Adler International Learning Alumni. Pamela serves on the Adler faculty, with Istanbul being her favorite place to teach!

Choose to enrich your relationship.

Join us for this weekend getaway to learning and loving.

“Our relationship work is based on the belief that each of our lives contain possibilities that we have not yet realized, and that we all have the ability to find resolutions to whatever situations we may face. This retreat is not therapy, and we do not approach our participants’ lives as problems to be fixed. Rather, we see life as an ongoing adventure in which we are all engaged, and our intention is to seek ways to deepen the adventure through developing the possibilities that may have been overlooked in the past. We aim to assist couples in discovering for themselves the insights and solutions that are unique to their relationship. This retreat provides the opportunity to explore a set of practical ways in which couples can better listen to one another, increase their ability to understand each other’s point of view, and relate to one another as the unique individuals that we all are.” - Pamela and Rich

Retreat Objectives: Through our collective wisdom, we will share insights and discover our own individual answers. The Deepening

- ❖ Provide time away from the everyday to re-discover what truly matters within your relationship
- ❖ See more clearly who each partner is as well as the third aspect, *the 'us-ness'*
- ❖ Discover what it means to you to have a truly fulfilling & unique relationship
- ❖ Increase awareness, choice, trust and intimacy within your relationship
- ❖ Live more 'on purpose': Identify and clarify the values and vision for your relationship
- ❖ Improve communication skills, including:
 - Develop better ways of listening deeply to one another
 - Know how to navigate areas of disagreement with mutual respect
 - Learn "Conversing with Integrity: Moving from Tension into Deeper Trust"©

Through our collective wisdom, we will share insights and discover our own individual answers to questions like:

- ❖ What does our relationship mean to us?
- ❖ What makes us important to each other?
- ❖ What are our individual values, and how can we honor each other's values?
- ❖ What are our boundaries, and how can we better respect each other's boundaries?
- ❖ What dream do we share for our relationship in the future?
- ❖ What do we need to nurture to support our "us-ness" continuously?

Endorsements from past participants and clients

"Pamela and Rich created a safe and supportive environment of trust for us where we could share our personal issues openly. We would like to thank Pamela and Rich for their support and we would recommend this workshop to all couples as a refreshment and renewal in their relationships."

Past participants Evrim & Emre

"Pamela Ramadei is one of the best-kept secrets the US has. I cannot say enough about her coaching skills and her ability to have one think through deep personal or leadership issues for thorough and sustainable solutions."

Dr. Roberta Vicari

"Rich and Pamela are two individuals who complement each other well in leadership roles. Their openness, humor & generous spirits create a supportive environment in which to learn and share."

Dean Cuming, Adler International Learning alumnus

When & Where: Friday Evening to Sunday Afternoon, (Dates and location inserted here)

Visit www.choietochange.com for more info

Registration: Contact Pamela about retreat specifics, registration or coaching services for couples, individuals, & groups: Pamela@choietochange.com