

# Alise Cortez & Associates

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## Strong & Connected Couples

For People Who Care  
About Nurturing  
Their Relationships

### About Strong & Connected Couples



One of the most fundamental drives in a human being is to be understood, for the person we care about to really know who we are, what makes our heart beat and our lives worthwhile. When we can each really "see" and "hear" the other, a whole world of powerful connection opens for us. If only we are willing to take a gaze into our partners, what makes them who they are, and how we connect with them to learn the language of their strengths and share ours with them. If you want a better, more connected, loving relationship with your partner, this is an important investment of your time and energy. You will walk away feeling more understood, knowing more of who you are connected to in the relationship, what causes friction, and how you can leverage who you are for a more connected, intimate relationship of tomorrow.

This workshop will help couples:

- Gain an understanding and a vocabulary of their natural strengths by taking the online Clifton Strengths assessment developed and administered by the Gallup Organization;
- Discover and further explore how their strengths manifest in each other's preferred behavior and communication;
- Understand what can cause friction in the relationship due to differences in style and strengths;
- Develop a baseline to embrace the strengths and differences in each other;
- Discover and consider how their strengths can be leveraged in the relationship to enhance connection;
- Develop a healthy self-esteem and self-image from which to further mature and to embrace life's challenges and opportunities.

## Is Strong & Connected Couples For You?

- > **Who Should Attend?** Adults in relationships who want a better relationship with their partner, want to improve communication, or who want to build a firm foundation on which to develop deeper intimacy and commitment.
- > **Cost per participant:** \$99 (includes Strengths assessment fee and workshop materials).
- > **Register:** Visit [www.alisecortez.com](http://www.alisecortez.com) to register.

Choose your date - each monthly session is offered on a Saturday, from 4:30 to 6:30 pm in Dallas, TX, location TBD:

January 20  
February 17  
March 24  
April 21  
May 5  
June 9  
July 14  
August 18  
September 17  
October 22  
November 12  
December 10

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