



Connecting  
Couples

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## Thought of the Month News and Notes

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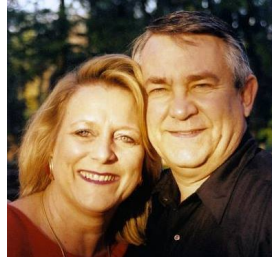
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**Dear Friends,**

**Connecting Couples is bursting with enthusiasm about our workshops and some new and exciting tools we are bringing to them. Summer is a great time to relax and focus on your partnership and this Thought will help you in that endeavor! Maybe it's time for a workshop refresher!**

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**Keep in touch!**

**David (and Donna)**

**JUNE: Opportunities For  
Empowerment  
More Imago with David and Donna**

**The Next Step: Overcoming Reactivity**

**The first time we went skiing, we were both anxious and excited at the same time. We spent a good deal of the time trying to get our boots on, learning to get on and off the lift, and of course, falling down the hill . . . again and again and again! Through all this, we could still experience the exhilaration and potential of this new thing called skiing.**

The second time we went skiing, it was SO much better. We knew how to put on our boots, how to negotiate the lift, and we were relaxed enough to actually do some skiing.

This workshop is like skiing for the second time. Couples return for a weekend refresher, already knowing the basics, ready to achieve a solid deepening and satisfaction in their connection.

We have new and powerful ideas about how men and women come together with drastically different hidden agendas and fears about their relationship.

We will teach you how to understand and "bridge" those differences.

We will present new tools for unleashing those impulses to connect, replacing reactivity with fun and passion.

You will witness a "real-life" frustration in our relationship, and watch how we handle it using the dialogue process. We will then help you troubleshoot the "stuck" or difficult places in your relationship. (Sometimes skiing is harder because we just do not have the boots buckled right!)

This two-day workshop is for couples who have participated in a Getting the Love You Want workshop. It is for couples who believe in Imago, but still need help in using it with each other day-to-day.

### **Conscious and Connected Parenting**

The joy of having a child is all encompassing . . . the miracle of birth, the thrill of baby's first smile, first word, and first step. As our family grows and as each child becomes an individual who has definite ideas on how they want to live their life, challenges emerge, conflicts arise and we start to look for the User's Manual that came with the child. Quickly we realize that there is no User's Manual and we are often stressed to

**find out that we are on our own and we have questions!**

**Countless parents have participated in a Getting the Love You Want workshop and have been positively impacted, even transformed, by learning and using Imago ideas and tools. Many have asked, "Can this work with our children?" The answer is, "Absolutely!"**

**The newest idea on the Imago horizon is a down-to-earth training experience for parents to learn how to apply the powerful skills of Imago to the daunting task of parenting. We have created a two-day weekend workshop that will materially improve your confidence, empowerment, and success as you travel through your parenting adventure.**

**We will teach you how to use the "Dialogue" with your kids even when they do not "want" it.**

**We will teach you how to eliminate the most common ways parents lose connection with their children.**

**We will teach you how to validate your children while maintaining your "executive function" as parents at all times.**

**We will help you grapple with your toughest questions about the stuck places that everyone will surely find familiar.**

**We will encourage you in the use of discipline in such a way that your children will respect and honor your role as their parents.**

**We will teach you how to remain connected with your children through it all.**

**(Participation in a Getting the Love You Want workshop is a prerequisite to this workshop.)**

**You know how powerful and trans-**

formative the basic Imago workshop was for your relationship. Donna and I truly hope you will consider these opportunities to be with us again for more conscious learning.

**The Next Step** is September 21 - 22, 2019 and **Conscious and Connected Parenting** is October 26 - 27, 2019.

Please email, text or call 301-404-7711 so that we can get you registered with a \$200 deposit. We are limited in space and taking registrations now. (We will offer a discount if you register for both.)

We hope to be with you again this fall.

Warmly,  
David

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES  
COMING UP!**

*Be sure to watch this space or check our web site for future opportunities.*

## **Getting the Love You Want Workshops**

**July 12-14, 2019, Frederick, MD**

**August 23-25, 2019, Frederick, MD**

### **Next Step Workshop**

**September 21-22, 2019, Frederick, MD**

### **Parenting Workshop**

**October 26-27, Frederick, MD**

## **QUOTES OF THE MONTH**

**Friends are chocolate chips in the cookie of life!**

**In the morning you beg to sleep more, in the afternoon you are dying to sleep, and at night**

**you refuse to sleep**

**The great pleasure in life is doing what people say you cannot do. Walter Bagehot**

**Life isn't measured by the number of breaths you take, but by the number of moments that take your breath away.**

**Never take life seriously. Nobody gets out alive anyway.**

**I'm old enough to know better, but young enough to do it anyway. Anonymous**

**Stop worrying about the world ending today. It's already tomorrow in Australia. Charles M. Schulz**

**My bed is a magical place where I suddenly remember everything I forgot to do.**

**Friends come and go, like the waves of the ocean, but the true ones stay like an octopus on your face.**

**Long time ago I used to have a life, until someone told me to create a Facebook account.**

**Be yourself; everyone else is already taken. Oscar Wilde**

**Life is not about how you survive the storm, it's about how you dance in the rain.**

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**We are on this journey with you. Keep in touch!**

**Sincerely,**

**David and Donna Bowman  
Bowman & Associates, PA**