

the Seven Principles *for* Making Marriage Work

**Taught by Gottman Trained Educator
Denise Kozikowski, PhD, CPCC**

The Seven Principles Couples Program is a one-day, educational workshop based on the research and work of Drs. John and Julie Gottman. This workshop is designed to help couples:

**improve intimacy & friendship
manage conflict in a productive & healthy way
make your current relationship even better**

The Seven Principles Program includes research-based relationship teachings and exercises for the couple that will help you feel inspired and excited about the things you can do right now. "Small Things Often" is a phrase you will hear throughout the workshop. **Couples will not share their personal issues in front of others.**

This workshop is for: couples in every phase of their relationship, from newlyweds to senior couples; those who wish to enhance an already "good" marriage or relationship; those needing a "tune up"; those needing better conflict management tools; those that may be considering working with someone individually, but aren't ready to make that commitment; people of all backgrounds, ages, faiths and sexual orientations .

DETAILS

Date: November 17, 2019

Time: 9am-5pm

Location: James-Lorah Auditorium, 132 North Main Street, Doylestown,

Cost Per Couple: \$400 (reg before 11/1), \$500 (reg after 11/1) please contact Denise directly if you are experiencing a financial hardship

To register: <https://calendly.com/denise-kozikowski/7-principles-for-making-marriage-work>

For questions: denise.kozikowski@gmail.com

To learn more: www.mindfulnessandcoaching.com



Denise Kozikowski, PhD, CPCC teaches psycho-educational workshops, leads mindfulness programs, and does individual and group coaching.

She is a Gottman trained educator, received her mindfulness training under the direction of Jon Kabat-Zinn through the UMass Center for Mindfulness, and is a CTI certified coach .