

The Journey of Dating

*Personal discovery and learning
through the highs and lows of the dating experience,
in a community of support, encouragement, and fun!*

**Six bi-weekly sessions beginning Wednesday, April 7th, 2010
Wayland, MA**

*The only sure path is to live consciously, moment to moment,
as you let go of the outcome.*

~ Charlotte Kasl, If the Buddha Dated ~

In this high-energy, interactive workshop, we will use the experiences of the dating journey as an opportunity for self-discovery and for learning and practicing new relationship skills.

In this workshop series we will:

- ✚ Set an intention for your dating journey.
- ✚ Pay attention to what you are learning about yourself in the dating process.
- ✚ Explore the places where you get "stuck" or where you repeat patterns.
- ✚ Celebrate successes and lessons learned.
- ✚ Learn to use the dating experience to practice new relationship skills
- ✚ Support one another and share our stories, wisdom, fear, and laughter.

Logistics, Registration and Price:

- ✚ Six bi-weekly meetings beginning Wednesday, April 7th, 6:00 to 7:30 pm. Class meets on April 7 and 21, May 5 and 19, June 2 and 16.
- ✚ \$180 for the series, or \$35 per class on a "drop-in" basis.
- ✚ Registration deadline April 2, 2010. Space is limited. To reserve a spot, please send a \$50 deposit to One Journey Consulting, at the address above.
- ✚ For more information, email info@OneJourneyConsulting.com or call 508-276-1764.

Facilitators:

Renée Cooper is a Harvard-educated Executive Coach and Workshop Leader. She has been studying personal growth through divorce for eight years, and is writing a book on the subject. She is the founder of One Journey Consulting.

Diane Hall is a successful high tech executive. She is passionate about creating communities where people can connect and discover their true selves, develop their talents and be appreciated for their contributions. Di is a partner at One Journey Consulting.