

Getaway Schedule

Friday, February 12, 2016

- 3:00 PM** Hotel Check-In and Getaway Registration Opens
- 4:00 PM** Preconference Workshop:
Couples Massage: The Gift of Touch
(see description under Saturday Afternoon workshops)
- 6:30-7:30 PM** Buffet Dinner
- 7:45 PM** Welcome and Weekend Preview
Jack and Lana Snellgrove, President Couple Getaway Team
- 9:30 PM** On Your Own
Gathering with Friends,
Games at the Grand Chalet

Saturday, February 13, 2016

- 7:30-8:30 AM** Buffet Breakfast
- 8:45 AM** Morning Check-In
- 9:50 AM** Break
- 10:00 AM - 12:00 PM**

Saturday Morning Workshops

- **Essentials of Marriage Enrichment: "How to Build a Fire"**
(Workshop A)

Charles and Jenny Whaley

This class is highly recommended for all couples who are new to Marriage Enrichment and/or Better Marriages
This workshop is an introduction to relationship principles and skills that are the hallmark of Better Marriages. Among the many topics discussed will be: Marriage Potential Inventory, Family of Origin, and Negotiating Differences.

- **Purpose Driven Marriage: "Fanning the Flame"**
(Workshop B)

Jean and Lee Cheese

Want to keep the flame burning and the kindling warm in your marriage? Join us for a workshop on how to be purposeful toward your partner. We will discuss key components for being intentional and provide tips to assist you in keeping your marriage a priority!

- **Sexual Intimacy: "Spark Romance and Intimacy"**
(Workshop C)

Earl and Kay Potter

Are you looking for exciting and fun ideas to create a more passionate marriage? Identify and learn to speak your spouse's love language (Gary Chapman's *Five Love Languages*). Explore ways to develop a closer physical and emotional relationship with your spouse. Stoke the flames for a red hot romance!

- **Re-Marriage: "Healing Old Burns with New Growth"**
(Workshop D)

Georgeann and Rick Pharris

We will be focusing on how to use dialogue to understand your spouse's perspective, especially in regards to previous marriage and relationship experiences. Then we will explore ways to overcome fears and hurts together. Our goal is to communicate and practice a tool that can go home - not just a bandage, but the salve to go with it.

12:00 PM Buffet Lunch

1:00 PM Couple Free Time to Explore WinShape and Rome

1:30-3:00 PM "The Gift of Touch": Couples Massage Workshop (optional)

Couples will need to bring a pillow Touch is a powerful, meaningful pathway to intimacy. Couples will learn about the importance of touch, the value it has to their relationship, and how it affects both the physical and emotional aspects of each person. Couples will experience the benefits of a 15 – 20 minute neck and back massage by their partner. There will be ample opportunity to dialogue about their experiences. Enjoy couple

time while learning basic massage techniques that will deepen your affection for each other and your friendship together. Mary Hart is a Certified, Licensed Masseuse

4:00 PM - 6:00 PM

Saturday Afternoon Workshops

- **Living Healthy, Loving Longer: "Feeding the Fire"**
(Workshop E)

Jack and Lana Snellgrove

Couples will be lead to consider the benefits of living healthy through diet, exercise, and creative activities. Nurturing an intimate relationship becomes a priority as couples are enabled to re-imagine their life together by also exploring the impact of stress free living on health and wholeness.

**Emotional Intelligence:
"Only YOU Can Prevent Couple Fires...
Using EQ in Your Marriage"**

(Workshop F)

Kim and Nathan Heinlein

Emotional Intelligence (EQ) is all the rage in the business world. But how can we apply it in our marital lives? Learn how to use the 4 EQ components from Daniel Goleman's *Emotional Intelligence* to help stay connected and in control of emotional moments in your marriage.

- **Conflict Resolution: "Conflict Management and the Gift of Repair"** (Workshop G)

Julian and Patricia Harwell

Conflict! For many, the word alone has a harsh ring to it. Yet every close and loving relationship has experienced or will experience its share of disagreements ranging from small "hiccups" to "slow burns" to regrettable blow-ups. Research studies tell us that couples who consider themselves happy and contented have the same number of conflicts and conflict areas as couples who are discouraged about their relationship. What makes the difference is that some couples intuitively utilize an extensive array of heartfelt REPAIR skills and behaviors. This workshop will help couples identify the repair words and

actions which are already a part of their relationship and will provide opportunity to discover new words and actions which can strengthen and heal the marital bond. Patricia Harwell is a Licensed Marriage and Family Therapist. Julian Harwell is in the Financial Services field.

- **Parenting: "Giving Getting S'MORE Out of Your Family"**
(Workshop H)

Leigh and Zack Martin

Who doesn't love a s'more? Toasted together, the graham cracker, chocolate and marshmallow make a delicious treat. In this workshop, we will explore how the ingredients of a s'more can help us better understand the different aspects of family life. We will discuss the importance of parents working together as partners, managing everyday life and making cherished times together. The majority of our time together will be spent in dialogue with your spouse, which is something parents often lack. Although this workshop is primarily designed for parents with children in the home, the principles can be applied to parents of all ages and stages.

6:30 PM Buffet Dinner

7:30 PM Evening Options:

Square Dance

Bonfire and S'mores

Gathering with Friends and

Games at the Grand Chalet

Sunday, February 14

7:30 - 8:15 AM Breakfast Buffet

8:30 AM Christian Worship Service (optional)



9:00 - 10:30 AM

Sunday Morning Workshops

- **Presence in Dialogue: "The Pilot Light"**
(Workshop I)

Eddie and Sylvia Robertson

Couple Dialogue is a tool for keeping the fire in marriage alive. In the Better Marriages tradition, couples will generate an agenda of topics currently important to them. They will participate both as dialoguing couples and as part of the supportive listening group. This workshop is appropriate for couples who have never experienced Couple Dialogue as well as for those who have known Couple Dialogue for many years.

- **Finances: "Money Burning a Hole in Your Pocket?"**
(Workshop J)

Brad andCarolynn Miller

This workshop will use "Money Habitudes" - a game-like tool that helps couples talk about the difficult topic of money—and do it in a fun, nonjudgmental and constructive way. Using the cards builds trust and rapport and shows partners how their habits and attitudes—habitudes— related to money affect how, why and when they spend, save, give, invest and go into debt. In addition, the cards help people couples better plan and achieve their financial goals.

- **CoupleTalk: "Trading Places"**
(Workshop K)

Claire and Jim Heinlein

See things from your partner's point of view. Being fully understood by someone and then showing understanding to them doesn't just happen. It takes time, energy, a little skill and a willingness to trade places and provide empathy. The Farmer's will facilitate using a DVD-directed program called "CoupleTalk" created by Don and Alex Flecky that is currently being used as material for the Farmer's MEG. (Please note that this is a Christian faith-based workshop.)

10:45 AM

Couple Reaffirmation

12:00 PM

Dismissal and Hotel Check-Out

Rekindle the Flame, Rediscover the Fire



**2016 Better Marriages of Georgia
Marriage Celebration
WinShape Retreat in Rome, GA**

February 12 - 14, 2016



WinShape Retreat

Rome, Georgia

Presented by:

The Georgia Chapter of Better Marriages

Register online at

BetterMarriagesGA.org or email

GetawayInfo@BetterMarriagesGA.org

 **Better Marriages**
Educating Couples - Building Relationships

Better Marriages of Georgia