



**Life consists of many coins – and those who are able to collect them, have a fortune
(Jean Anouilh)**

If you have been together as a couple, it might be that you take less time being really curious about each other. This workshop might be a good opportunity for

Celebrating your relationship

a solution focused time-out for couples who

- want to (re)vitalise their relation/partnership and feel positive energy
- face a new chapter in their relationship (kids are leaving home, new job opportunity, retirement etc.)
- want to appreciate what is working well and „collect the little coins“ in their daily life
- want to think about their desired future and define first steps towards it



Facilitators of this workshop are Julia and Michael Kalenberg. They are German, have lived in Bern (Switzerland) for 15 years, have been married for 25 years. They have two children (17 and 19 years old).

Julia is an independent trainer (leadership and sales training) and a solution focused coach. She has been running her own business for 15 years.

Michael worked for a bank for 30 years and took the chance to found his own business 4 years ago. He works as an independent financial advisor to both individuals and companies and is also a sales and distribution consultant. In addition, he works as solution focused coach for teams and individuals.

Contents and development of the workshop

If you have been together as a couple for some time it might be that you take less time being really curious about each other. This weekend you will have the chance to discover each other anew and put your relationship where it belongs: in the first place. You will be invited to take part in exercises that you do exclusively with your partner. Imagine the joy of feeling really connected and aware of what is happening between the two of you.

You will have the opportunity to have a closer look again at each other's strengths and your relationship strengths. Maybe a certain routine has crept into your life? You will have a look at your „balance of successes“: looking at what works in your relationship and do more which will raise your energy levels.

Additionally you'll have the opportunity to think and talk about your desired future, your priorities, wishes and plans. You will discover tools to help you define your desired future and next little steps towards it.

Sometimes men and women express their love with different „languages of love“. Understanding the differences is a good way to better communication and fulfilment of one's needs and desires.

All of this happens in a very light and joyful manner. It's a journey that focuses on the love and attention that exists between two people. It's a party for two.

As solution focused coaches Julia and Michael believe in the worth of focussing on strengths instead of talking about weaknesses. They build upon what already works and follow Steve de Shazer's solution focused approach:

Problem talk creates problems, solution talk creates solutions.
If something works, do more of it.
If something is not broken, don't fix it.

During the workshop there will be a mix of plenary sessions, break-out-groups (English will be used as a common language there even though it will not be mother tongue for most of the participants). You can be sure that there will be no „soul striptease“ – you only share what you want. Most of the time you will be working with your partner (in your language) on your topics and on your desired future. Sometimes you may find it enriching to do that during a „solution walk“ outside or in one of the many cosy niches at the venue. At the beginning of the workshop everybody gets his/her personal „diary of solutions“ in order to make notes of the important things and „precious coins“.

Group

The workshop will take place with a minimum of 3 and a maximum of 8 couples to ensure a the group size isn't too large. Of course there is absolute confidentiality.



Date and venue

www.lfaro.be
Prosperdreef 1
3001 Heverlee
Belgium

28 February – 1 March 2014
(beginning at 9.30 am on the first day and ending at about 4 pm on the second day)

Fee

480,- € per couple (including material and food during the workshop)
Accommodation, travel, breakfast and dinner are not included

Registration

via mail to jk@juliakalenberg.ch with your complete contact details. You will then receive an invoice. Your registration is only valid after we have received the payment.

Accommodation

Please find attached a list of different hotels in Leuven, near the venue. Please make your own reservation according to your preferences (maybe arrive earlier or stay longer).

Cancellation policy

If you cannot come to the workshop, you can send somebody else in your place. If not, the fee will not be reimbursed.

For further information please contact:

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Travel information

The address of the venue is Prosperdreef 1 in 3001 Heverlee, Belgium

Coming from Zaventem airport or Brussels midi, please take the train to Louvain.

The venue is at about 6 kms from the train station.

You can take bus 2 ("Campus Arenberg") and get off in the Leopold III laan at the busstop "Waversebaan", which is the second and last bus stop in the Leopold III laan. The venue is now at just 2 minutes walking in the Prosperdreef 1.

Hotels

Heverlee is a small commune of Leuven, and Leuven is a very lively historical university city.

It is very easy to go to the centre of the city by bus and in the city many places are just at walking distance.

If you want to stay close to the venue: here are some hotels and B&B's nearby.

You may as well find a nice hotel downtown, since there is a very easy bus service to Heverlee.

<http://www.tussenkunstenkonfituur.be> -

<http://www.parkbedandbreakfast.net>

<http://www.lodge-hotels.be/lodge/heverleeindex.jsp> -

[http:// www.boardhouse.be](http://www.boardhouse.be) -

<http://www.lavan.be/nederlands/index.html>

Restaurants

This weekend may be the perfect excuse to have a very nice candle night dinner for two!

If you want to book a real nice restaurant, please book long enough in advance.

You can pick a favorite at tripadvisor!

http://www.tripadvisor.nl/Restaurants-g188669-Leuven_Flemish_Brabant_Province.html