

Kiama Couples Getaway

May 29th-30th, 2021

Sept 11th-12th, 2021

Saturday: 10am-6pm

Sunday: 9am-4pm



Marriage is like a long sea journey. There are times of smooth sailing and on board festivities, but also times when the tempest hits and we cling on for dear life. Join us at the Kiama Couples Getaway to scrape off the barnacles, stock up on provisions and enjoy a great adventure along the way.

Register:

heathermcalpineconsulting.com

\$665/couple (includes handbook, lunches, am+pm teas on both days)

\$595/couple - Early-bird discount (by registering 2 months prior to workshop)



The 'Kiama Couples Getaway' will be held at Heather and John McAlpine's home:
'Ulmarra', 5 Carson Place Minnamurra, NSW 2533

Topics include:

- Keeping Connected
- Creative use of Conflict
- Keeping Love and Romance alive
- Deepening Intimacy and Having Fun
- Making up... the art of Apologies and Forgiveness
- Leaping Marriage Hurdles...Challenges that Change
- Being Intentional... creating the marriage you want
- ...And any other topic of participants' choosing!

Couples will have a chance to enjoy a beach or bush walk in their free time and organise their own romantic dinner on the Saturday night, with a ready supply of Kiama Restaurants.

Facilitators: Heather and John McAlpine



Heather and John are the Trainer Couple and Chair Couple for Better Marriages Australia, and together they have been leading Marriage Getaways in Australia, Uganda, South Africa, India, and Sri Lanka for 35 years.

John is a G.P. at Gerringong with a Masters in General Practice Psychiatry and a special interest in training junior Doctors.

Heather is a Relationship Therapist and Supervisor in private practice and is also a published co-author. She is the recipient of a Churchill Fellowship and a highly regarded speaker and consultant. Heather and John's joint passion is to grow and strengthen relationships. They have experienced the benefit of Marriage Enrichment in their own marriage of 40 years and are passionate about sowing the seeds of persistence, resilience and joy, to empower marriages through the generations.

They have 3 adult children and share the delight of 4 year old twin grandchildren. They live in Kiama with Sasha the wonder dog.

Heather and John are practical & personal, insightful and sensitive to the group's needs. They are humorous and very engaging presenters."

"Each session led us to talk at depth with one another. It was great to be able to do that without needing a catastrophe to push us into it."

"I wasn't sure about coming to this, but John and Heather soon had me relaxed and laughing and learning stuff I'd never heard before."