



YOU, ME & US
RELATIONSHIP COUNSELLING
& MEDIATION CENTRE

Join us in Bali

RELATIONSHIPS WORKSHOP

HOLD ME TIGHT® CONVERSATIONS FOR CONNECTION

Whether your relationship is in great shape, in serious trouble, or anywhere in between, *Hold Me Tight* is a practical and inspiring workshop developed by Dr Sue Johnson, therapist, researcher and pioneer of the Emotionally Focused Therapy (EFT) model.

Internationally recognised as an effective, evidence-based model for helping couples change their relationship dynamic, this workshop will help you reduce conflict and create a more secure, loving bond.

Removed from the stresses and pressures of everyday life, you will be able to improve your connection with your partner and enjoy a luxurious getaway at the same time. Alila Manggis (a Hyatt Hotel) is a serene seaside venue situated in the foothills of Mount Agung, East Bali, known for some of the island's most breathtaking scenery.

Over four half-days relationship counsellors Janine and Melanie will host this entertaining and educational workshop, where you will come to understand that you have pretty similar issues to every other couple on the planet! Benefit from their years of working with couples as they give you the tools to craft the close bond that you and your partner want and deserve.

Please check out their podcast about the workshop and hear what previous participants have had to say about how much they got out of the workshop on our website under 'couples workshops'.

To book or for more information, email reception@ymu.com.au

7 – 10 OCTOBER 2024

INCLUDES

- Hold Me Tight Workshop
- Beautiful event venue with delicious morning tea and lunch provided.
- Afternoons free to enjoy your Bali getaway

PRICE

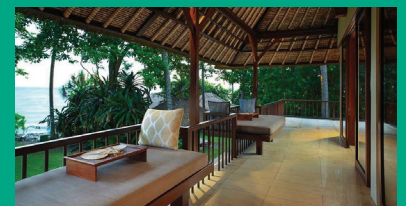
\$950 per person

EARLYBIRD DISCOUNTS

\$750 per person

if paid before Thursday 1st August 2024

ALILA MANGGIS, BALI



Alila Manggis is a seaside idyll and a sublime base for exploring Bali's unspoiled East, with its traditional villages, ancient water palaces and wondrous dive sites.



A couples workshop getaway to help you become unstuck, heal past hurts, find a way to communicate about difficult issues and become closer.

This retreat will offer you the chance to reconnect and refresh your relationship in a fun, safe and nurturing way. There is no group work or sharing of private issues, just listen to some life-changing information about relationship dynamics, and work through optional exercises on your own relationship in private.

Dr Sue Johnson's highly successful insights into couple relationships are presented, including video footage of Sue working with actual couples and other film clips you will relate to. Throughout the retreat, couples participate privately in professionally constructed exercises designed to make sense, take the blame off both of you and bring you closer. Presenters are available to assist if you get stuck, but keep a respectful distance if you prefer.

The workshop will be held at the beautiful Alila Manggis, located in East Bali. All of the rooms and suites pair seaside tranquility with idyllic ocean and pool views. You can book your accommodation directly with Alila Manggis or stay at a venue of your choosing in nearby Candidasa if you prefer.

Price includes:

Hold Me Tight Workshop 9:30am - 1pm daily

Morning tea refreshments including freshly made pastries/cookies, tropical fruits, tea and coffee; and delicious luncheon daily.

Price does not include:

Accommodation or airfares

Please do not book airfares or accommodation until you have received confirmation of your booking

Afternoons are free to relax or go on expeditions in East Bali.

PRESENTERS



JANINE MORAN
Emotionally Focused
Therapist

Janine is a Relationship Counsellor, Mediator and Social Worker in private practice in Canberra. She is a certified EFT therapist, and clinical supervisor in couple's work. She is also a group leader and experienced tertiary teacher and trainer, and a discernment counsellor for separating couples. She worked for 6 years at Relationships Australia before commencing in private practice, and is the Clinical Director of You, Me & Us Relationship Counselling & Mediation Centre in Canberra.



MELANIE SHEEHAN
Emotionally Focused
Therapist

Melanie is a Psychologist, Family Therapist & Relationship Counsellor in private practice in Canberra and the South Coast of NSW. Previously working for Relationships Australia, she went on to co-found Deakin Psychology in the ACT and she is now an advanced practitioner at You, Me & Us Relationship Counselling & Mediation Centre. She is a very gifted and intuitive EFT relationship therapist and holds considerable experience in running relationship education groups.

VENUE



ALILA MANGGIS

Situated between the coast and majestic Mount Agung, Alila Manggis is a 90-minute drive from Denpasar International Airport.

Transport can be pre-arranged.

Please do not book airfares and accommodation until we have confirmed your registration

To book or for more information, email reception@ymu.com.au



Scan for more
information