

How's Your Relationship? - There Are No Shortcuts To Achieving Closeness

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June 20, 2022



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Coach Myrna--June 20, 2022

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How's Your Relationship?

In a couple of weeks, my husband and I will be celebrating our fortieth anniversary. Reflecting back on this journey that we have traveled together,

I am acutely aware that there is no shortcuts to achieving closeness and connection as a couple. Relationships take consistent investment, a commitment to grow together, a willingness to share honestly even when we are scared or hurt, finding ways to practice forgiveness and grace, and discovering unconditional love.

As parents and grandparents, one of the most powerful ways that we impact those we love is in how we relate to and treat others--our spouse, our children & grandchildren, our friends and more. Research shows that when children see their parents love each other in a respectful, trustful and positive manner, they have a much better chance of having the same kind of relationship with their future spouse. And the greatest sense of security for a child is the knowledge that his or her parents love each other.

No matter where you are on this journey, it is always worthwhile to make time to invest in your important relationships. I would like to share with you a couple of resources to support your work. As a **Prepare Enrich** facilitator, one of the first resources I suggest to a couple is a inventory: tinyurl.com/Relationship-Check

Feel free to use to as a way to begin a conversation with your partner. If you would like to know more about the Prepare Enrich program, contact me: www.coachmyrna.org/contact-me.html

A second resource is a four week course beginning on Wednesday, July 5th entitled **Relationship Readiness--Transformation of Heart**. It is a program presented by Hilde Wiemann, founder of Generational Healing. As a

relationship coach who trained under Hilde, I highly recommend this course for engaged couples, individuals looking to prepare for a future marriage as well as those who have been together for a number of years and are looking to deepen their relationship. You can find information and register here: www.generationalhealing.org/relationship-prep



Relationship Readiness

Transformation of Heart

4-Week Course: July 5, 12, 19, 26 at 8-9:15 pm EST

This is a course for anyone interested in building or recommitting to a thriving and fulfilling relationship. Here, you will gain knowledge and skills for deepening self-awareness, boosting your self-esteem, enhancing your communication skills and much more.



Relationships are challenging to navigate, and we want to set you up for success.

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.