



# Parenting Seminar Series



## *Couple Coherence:*

### Enhancing and Replenishing Intimate Relationships

Sponsored by Pope John XXIII School Parent's Association

*"We are always fighting. We just don't seem to understand each other."  
 "I always seem to be either angry with my partner or frustrated with myself."  
 "I want things to be better between us. But for the life of me, I don't know how."  
 "It's like night & day – before the kids and after the kids. What happened to us?"  
 "We are always so busy. We don't ever seem to have enough time. We are losing US."*

Many relationships start out with love, hopes and dreams but end in divorce. All couples face challenges and all relationships have ups and downs. Some couples live parallel lives that rarely touch. However, with the strategies you'll learn in this workshop, you can strengthen your relationship whether it is currently doing well or not.

Researchers have identified the **success patterns** that enable couples to have long-term satisfying relationships that flourish. You don't need to learn these patterns through trial-and-error, instead you can greatly increase the quality of your intimate relationship with systematic training and coaching.

During this 4-evening course, you will learn:

1. **Within Strategies** for changing mind-body states, which will enable you to move out of stress and negativity and into resourcefulness and creativity.
2. **Between Approaches** to understanding and influencing, which will aid you in being more effective in dealing with your partner.
3. **Throughout Methods** to enhance and enrich your emotional bond, which will help you to improve the quality of your relationship.

You can enhance and replenish your relationship starting here!

**Michael J. Banks, Ph.D.** is the very proud father of two sons (both students at Pope John XXIII). He is a clinical psychologist, health & life coach, trainer and consultant. He has an extensive clinical background in Cognitive-Behavior Therapy (CBT), Ericksonian Hypnotherapy, Health Psychology, Neuro-Linguistic Programming (NLP), and Solution-Oriented Brief Therapy. He is known for his warmth, his sense of humor, and the clarity & depth of his presentations. His mission is to teach the skills that people can use to improve their health, enhance their lives, and turn their dreams into reality.

**Dates:** Wednesday, April 2                      Wednesday, April 9  
 Wednesday, April 16                      Wednesday, April 23

**Time:** 7:00-8:30 p.m.

**Location:** Pope John XXIII School  
 School Cafeteria  
 1120 Washington St., Evanston, IL 60202

**Call now to reserve your place!** Contact Pope John XXIII School at **(847) 475-5678**. **Free childcare is available**—let the school know how many children you will bring and their ages.