

# 'There's something I want to tell you...'

## You are in LOVE! THIS IS THE ONE!

They're your lover, your bestie, your everything.  
There's nothing you couldn't tell them.  
Right? Wrong!

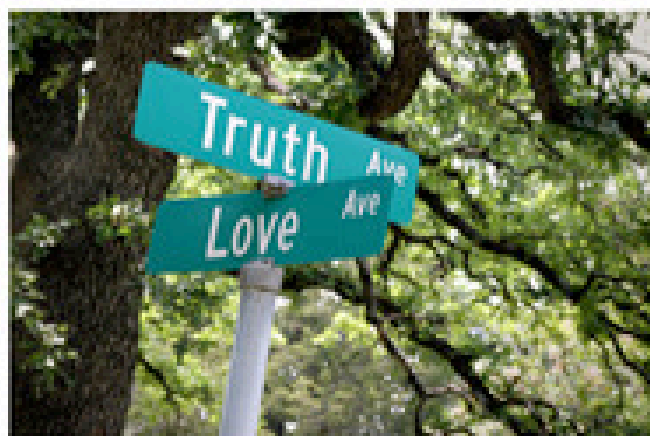
Somewhere down the line between staring in to each other's eyes and seeing a miracle and eating dinner at opposite ends of the table working out whose turn it is to empty the dishwasher, you've stopped talking.

You've stopped sharing what's going on for you, how you feel about each other, your hopes and dreams. You avoid being honest, you hide things. You hide yourself.

How on earth did that happen?

Whether you are in a relationship, would like to be or are just plain interested in this most fascinating of subjects, **please join us for an afternoon of discussion, experiential exercises and fun** to explore how you can:

- sustain or recapture the intimacy of being truly honest
- dare to share even the most uncomfortable stuff
- not end up in Breakupville



## INTERESTED?

Here are the facts:

- When:** Saturday 2 November, 1-5pm  
**Cost:** £20 payable on Eventbrite  
**Where:** Heythrop College, 23 Kensington Sq, London W8 5HN  
(nearest tube: Kensington High St)  
**Who:** We welcome individuals and couples.

## WORKSHOP LEADERS



**Haakon Stene**, coach and organization developer who strongly believes in the importance of open and honest communication in all parts of our lives. He works with individuals and teams to help them discover and act according to their strengths and values and develop their communication muscle.



**Rona Steinberg CPCC** is the OUT LOUD coach for all those women who have been told to be quiet, nice, demure, discreet, good, self-effacing, modest, and mild; throw off those shackles, harness your power, be who you are, speak your truth (OUT LOUD naturally). And joyfully live your life.

**More Info:** Phone Rona on 07703 352345 or email us at [rona@outloudcoaching.com](mailto:rona@outloudcoaching.com)