Friday, October 7th – Sunday, October 9th, 2016
Elk Ridge Resort (www.elkridgeresort.com)
$975 per couple & includes:
- 2 nights accommodation
- Saturday meals
- All retreat materials

Why attend the Eureka Experience Couples Retreat?

- To **refocus & enrich** your present relationship &
- To **invest** in the **health & growth** of your future relationship
  - Through **thoughtful, well-planned, tangible activity**
    - Designed in a **confidential, facilitated DIY** (do it yourself) way...there is NO therapy or counseling
  - Set in a **beautiful, romantic environment at a world-class resort**

How is the Eureka Experience Couples Retreat designed?

The retreat is designed using the REFOCCUS (Relationship Enrichment Facilitating Open Couple Communication, Understanding & Study) resource. This resource affirms the strengths in your relationship, while identifying potential areas for growth. It focuses on **5 key topic areas (below)** to enrich your relationship through the rediscovery of the depth of your love and desire to continue to grow together as a couple.

**AGENDA**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>Friday</strong></td>
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<td></td>
<td>Check-in</td>
<td>anytime after 4pm</td>
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<td></td>
<td>7:00 pm</td>
<td>Welcome</td>
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<td></td>
<td></td>
<td>“Marriage as a Process”</td>
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<td><strong>Saturday</strong></td>
<td>8:00 am</td>
<td>Breakfast</td>
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<td>“Intimacy” &amp; “Compatibility”</td>
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<tr>
<td></td>
<td>noon</td>
<td>Lunch</td>
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<td></td>
<td></td>
<td>“Communication” &amp; “Commitment”</td>
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<td></td>
<td>6:30 pm</td>
<td>Dinner</td>
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<tr>
<td><strong>Sunday</strong></td>
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<td>Your day!</td>
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<td></td>
<td></td>
<td>There are NO scheduled retreat activities or meals provided.</td>
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<td>Check-out is 11 am.</td>
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Optional activities at Elk Ridge (*Reservations & payment are up to individuals):

- Swimming, water sliding & hot tub
- Seasonal outdoor activity – golf*, skiing, tobogganing, curling, skating, zip lining*
  - Spa services*
- Copper Dining Room & lounge & Walleye’s Restaurant & pub*
Couples Retreat

Your Facilitators:

*Rachelle & Jay Brockman* know that relationships require investment, refocus, best practices and ongoing commitment. They have experienced change (affected by family, finances, careers, health, etc.) difficulties and disappointments, opportunities and celebrations. They understand that marriage is a process managed by affirming the ‘good stuff’ and giving attention to the ever-changing areas for growth and enrichment. Jay and Rachelle have been married for 23 years and have two adult children. Together they have facilitated several years of FOCCUS (Facilitating Open Couple Communication, Understanding & Study) marriage encounters with engaged couples. And now they are excited to REFOCCUS with you!

Jay Brockman is a civil engineer who works in a senior leadership role with a commercial construction company. He has a diverse background having worked in the mining, consulting and construction industries. In addition, Jay has been a valuable member of several Boards over the years.

Rachelle Brockman is the Principal of Eureka Experience who guides people, teams and organizations to ‘*get it done*’ in a passionate, productive way. She designs & delivers workshops/sessions for diverse organizations and conferences across North America. Rachelle holds an MBA and B.Comm and is a Certified Facilitator of the Myers Briggs Typology Indicator (MBTI).

Frequently Asked Questions:

Who should attend?
- Couples who are motivated to enrich their relationship!
- Couples who have been sharing all aspects of their lives together for *more than 2 years*

Who should NOT attend?
- Unwilling individuals. Please make sure that BOTH of you are willing & motivated to enrich your relationship
- Couples who should be seeking professional therapy &/or counseling services instead (ie: couples dealing with serial infidelity, domestic violence, serious mental health issues, unmanaged addictions, etc.)

Will this be a religious experience?
- For some people their religion is an important part of the relationship. It therefore should not be ignored, but rather incorporated in *their* couple conversation. For other people, religion is not a part of their lives. In such cases, it simply will not come up in *their* couple conversation.

Are we required to share personal information with the group &/or facilitators?
No. The agenda has been designed with a carefully constructed mix of private ‘couple time’ and a significantly smaller, thoughtfully facilitated ‘group time’ with optional participation. The couple conversations & REFOCCUS results are private/confidential between you and your partner.

Additional Questions?
Call or text Rachelle at 306-371-8348 or email rachelle@eurekaexperience.ca
Registration:
*Please note: Registrations/room requests will be accepted on a first come first serve basis (max of 12 couples)

Names:

Mailing address:

Email Address(s):

Phone Number(s):

Room Type Requested (Woodland King or Woodland 2 Queens):

Special Needs/Requests/Dietary Restrictions:

What else would you like us to know about you?

Mail the following to Eureka Experience, 630 Gabriel Road, Saskatoon SK S7T 1A8 by September 1st, 2016.
• Completed Registration Form (this page)
• A $975 cheque written to Eureka Experience (dated your signed registration date below)

Cancellation Policy:
Cancellations will receive a 50% refund of the total registration fee/investment. The other 50% is non-refundable.

We confirm that we have read, understand and agree to all of the aforementioned retreat details, including the cancellation policy.

Signature 1: ________________________________  Date:______________________________

Signature 2: ________________________________  Date:______________________________