



Men Coming from the Power of Their Hearts

LIVE LEARNING EVENT FOR MEN

TO REGISTER FOR THIS EVENT CONTACT VIA EMAIL

NOV
16TH

Where: St. Paul's Eastern United Church

Time: 9:00 am-5:00pm

Facilitator: Jack Lafleur M.A. RP

Course Fee: \$150.00

In this workshop I'm going to share with you 3 life changing and important actions that you must take to unlock the power of your heart and regain harmony in your relationship so that you can:

- Stop arguments before they start
- Identify your emotions and needs without yelling or walking out.
- Give yourself and your partner what she/he needs without comprimizing one or the other.

Is your relationship as good as it used to be? Do you feel not good enough for your partner? Are you confused as to how and why you keep having arguments even though you're doing the right thing? Do you struggle with doing the things that used to make you feel connected? You're not alone! While this is something many men don't talk about, 50% of men feel this way in their relationships. This is one of the top contributors to separation, divorce and male depression. However, it doesn't have to be this way. I know this because over twenty years ago this was me. At this time I was feeling totally powerless as my relationships would end in fights and walk outs. I felt pretty worthless and unable to give anything constructive anymore to anyone. Soon after, I realized that I no longer wanted to live this way and wanted more tools, connection and confidence that I could do this.

It has been over twenty years of individual & couple therapy, transformational work, being trained by experts and studying men that I discovered the missing ingredient within myself and my relationships: my heart. I had realized that by being cut off from my heart, I had no power or fire left in me. Through years of learning to live "walled off" in a dysfunctional family while getting the message from society that men are supposed to be stoic, invulnerable and in charge, I'm glad to say that message has changed!

I have been facilitating transformational work for over twenty years. As an individual, couple and family therapist, as a workshop facilitator, as a martial arts instructor, as a Mindfulness teacher. My firm conviction is that true transformation happens when the student is ready and willing and a teacher appears.



EMAIL

jacklaf@magma.ca

FACEBOOK

[@TheRelationshipSensei](#)