



# Canberra Weekend Relationships Workshop

## **HOLD ME TIGHT®** CONVERSATIONS FOR CONNECTION

Whether your relationship is in great shape, in serious trouble, or anywhere in between, Hold Me Tight is a practical and inspiring workshop developed by Dr Sue Johnson. Internationally recognised as an effective, evidence-based model for helping couples change their relationship dance, this workshop will assist you in creating a secure, loving bond.

Removed from the stresses and pressures of everyday life, you will be able to indulge in some time out with your partner in the beautiful leafy surrounds of inner Canberra and at the same time make it a luxurious weekend staying at the East Hotel, No.1 Canberra hotel on trip advisor.

Hosted by Relationship Counsellor and Mediator Janine Moran and Psychologist Melanie Sheehan, throughout this workshop you will benefit from their years of working with couples focusing on moving forwards in the way you have been wanting to with professional guidance.

To book or for more information,  
email [reception@janinemoran.com.au](mailto:reception@janinemoran.com.au)  
or visit [www.janinemoran.com.au/retreats/workshops.aspx](http://www.janinemoran.com.au/retreats/workshops.aspx)

**16 - 17 MAY 2020**

### **INCLUDES**

- Hold Me Tight Workshop
- Copy of Hold Me Tight book by Dr Sue Johnson
- Beautiful catered meals

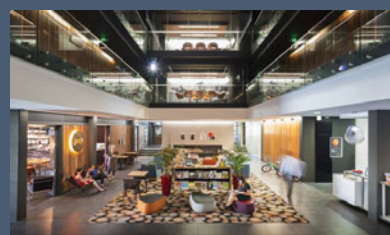
### **PRICES**

\$1095 per couple

### **EARLYBIRD DISCOUNT**

\$995 per couple if booked  
by mid April

### **EAST HOTEL, CANBERRA**



East Hotel is offering a special  
room rate for attendees.



*A weekend couples workshop to help you become unstuck, heal past hurts, find a way to communicate difficult issues and become closer in doing so...*

This weekend workshop will offer you the chance to reconnect and refresh your relationship in a fun, safe and nurturing way. There are no group work or sharing or sharing of private concerns, just listen to some life-changing information about relationship dynamics, and work through optional exercises on your own relationship.

Dr Sue Johnson's highly successful insights into couple relationships are presented, including video footage of Sue working with actual couples and other film clips you will relate to. Throughout the weekend, couples participate privately in professionally constructed exercises designed to make sense, take the blame off both of you and bring you closer. Presenters are available to assist if you get stuck, but keep a safe distance if you prefer.

The workshop will be held at East Hotel, located in the heart of Canberra's leafy Café districts of Manuka and Kingston, and stroll through the park to Lake Burley Griffin. Come from interstate for a beautiful spring weekend, or if you're Canberra consider making it a weekend away by staying at East – with beautiful dining options and a great vibe.

Should you require accommodation, EAST Hotel is offering attendees a special room rate - simply contact them and mention that your attending the workshop for the rate. [www.easthotel.com.au](http://www.easthotel.com.au).

### **Workshop Commences**

Saturday and Sunday 9am to 5pm.

Morning tea, lunch and afternoon tea are all included along with Canapés & drinks at East on Saturday evening following the workshop.

## **PRESENTERS**



**JANINE MORAN**  
Emotionally Focused  
Therapist

Janine Moran is a Relationship Counsellor & Mediator in private practice in Canberra. She is an internationally accredited EFT therapist, experienced tertiary teacher, trainer and group leader, and a discernment counsellor for separating couples.



**MELANIE SHEEHAN**  
Emotionally Focused  
Therapist

Melanie is a Psychologist, Family Therapist & Relationship Counsellor in private practice in Canberra and the South Coast of NSW. Previously working for Relationships Australia, she went on to co-found Deakin Psychology in the ACT. She is an EFT therapist and holds considerable experience in running relationship education groups.

## **VENUE**



### **EAST HOTEL**

Located on the corner of Canberra Avenue & Giles Street Kingston.

**Contact** 02 6295 6925

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or visit [www.janinemoran.com.au/retreats/workshops.aspx](http://www.janinemoran.com.au/retreats/workshops.aspx)