



At our unique **Masterclass** we are mentoring you with this programme:

- 24-36 weeks of intensive and personal mentoring.
- 8 modules for all the important challenges and solutions modern couples are facing.
- Each with max. 2-3 hours of videos, podcasts, exercises and tasks per module.
- 1 personal mentoring per module via Zoom or in person (60-90 min).
- 2 additional personal transformation mentorings via Zoom if needed (60-90 min).
- One on ones when needed.
- Whatsapp or email support and at least 1 year online access to all modules and updates.

Modules

1. What is love?

Challenges, growth, the 5 stages of a love relationship, the masters and disasters of communication, the spiritual power of love.

Transformation Goals: To gain a deeper knowledge and understanding of love, to establish a Sacred Space where you and the family can be safe and comfortable, and where you can connect respectfully and with tenderness.

2. Opening up and listening

Appreciation & mindfulness, establishing a new communication, No-Gos and wishes, evaluation your hearts desires, understanding what women really want from men, and men from women.

Transformation goals: Being heard and seen, communicating without the fear of being misunderstood. Speaking from heart to heart and being able to listen. Laughing together.

3. Mindsets & Influence

Mindsets, beliefs, the unconscious, many marriages, practical approach to healthy new patterns. Mastering fights and going deeper.

Transformation goals: Recognising and understanding wishes, growth phases and priorities. Support mutual development and gain depth in personality development. Recognising and stopping disputes at the beginning, and laughing at yourselves. Deconstructing unhealthy mindsets and beliefs, rediscovering what works, evaluating what works, personal development and mutual support, learning how to positively impact your love relationship.

4. Am I my feelings?

School of feeling & thoughts. Discipline of renewal, identity and love.

Transformation goals: Learning and maintaining self-love and self-esteem. Learning to deal with negative thoughts and feelings. From the head to the heart. Becoming a strong team. Taking 100% responsibility for own feelings and thoughts. Building a new foundation of love.

5. **Values & Roles**

Personal roles in love, family and work. Good and bad family influences, expectations, acceptance, healthy skill hierarchies.

Transformation Goals: Questioning expectations, identifying unspoken assumptions, finding roles, defining team building and strong shared values, learning to lead as male and female. Redefining healthy roles for the current season.

6. **Sex & Basic needs**

Theme: The 6 basic needs, 5 languages of love, laws of attraction, Eros, money & sex, foreplay, being a team in love, business and family.

Transformation goals: Recognising and understanding wishes, growth phases and priorities, how to build up intimacy, lightness, sensuality, attraction. Developing healthy male and female attraction and dynamic, enabling personal growth.

7. **Love story**

Change of perspective, heroes in life, generosity, celebrating love and live, real and passionate learning from one another. Love is no deal.

Transformation Goals: Becoming heroes of your own love story, appreciating victories and how you handled challenges, being ok with being imperfect, appreciating your own life story as an important learning journey,

8. **Vision**

A strong vision, rhythms of life and love, being prepared for the unknown, giving into the world, staying an unbeatable team in love and at work.

Transformation Goals: To establish and implement a shared vision of love. To develop rhythms, rituals, to love sustainably and to nurture love as a couple, as a family and in the world. To grow and to be fruitful. Learning to live in beauty in all areas of life.

*Pls. reflect and note as much as possible into your Masterclass notebook. We will see you every 1-3 weeks & always after you have finished an online module together.

Much love, Elke and Sven from the School of Love Berlin