

THE POWER OF **CONNECTION**



Transforming the quality of the relationships
and partnerships in your life



THE POWER OF CONNECTION

Most of us are so busy talking, fixing or doing, we don't take a moment to connect with what is going on inside of us. But you may have noticed how quickly things get clearer when you do.

Stopping to connect with yourself makes it easier to know what you want, and go about getting it. And naturally enough it works for other people when you do it with them.

Connecting is not just a powerful skill. It will help you become a more fulfilled individual, a more caring friend and a more loving partner, as well as a more successful parent, a more productive colleague and a more effective leader.

The techniques you learn in this course will enhance all the relationships and partnerships in your life, for the rest of your life.

**When I forget
to connect,
I have forgotten
the most important
part of myself.**

K. BRADFORD BROWN



THE POWER OF CONNECTION

Most of us are so busy talking, fixing or doing, we don't take a moment to connect with what is going on inside of us. But you may have noticed how quickly things get clearer when you do.

Stopping to connect with yourself makes it easier to know what you want, and go about getting it. And naturally enough it works for other people when you do it with them.

Connecting is not just a powerful skill. It will help you become a more fulfilled individual, a more caring friend and a more loving partner, as well as a more successful parent, a more productive colleague and a more effective leader.

The techniques you learn in this course will enhance all the relationships and partnerships in your life, for the rest of your life.

A life worth living

Our experience of relating to others is often associated with difficult feelings, from blame and resentment to jealousy and guilt. It's not surprising that emotional distance and separation are seen as a normal, even inevitable part of relationship.

This course shows you how to release and let go of these separating feelings. And the more you do this, the more you will get in touch with all the connecting feelings that make life worth living, from passion to compassion, from gratitude to satisfaction and joy.

If you keep choosing to step out of separation and connect with yourself and your partners, you will find that closeness and mutual respect will follow. The result is an increasing sense of trust and a new potential for creativity, mutual empowerment, and deeper levels of love.

Creating what you want

People have different wants and needs, and it can be hard to see how to give others what they want, except at the cost of what we want. The course offers you a unique tool for resolving conflicts and misunderstandings of all kinds.

You start by listening to each other until you are fully heard. You choose to acknowledge your differences instead of fighting over them. Then you look for creative solutions, opening to new

possibilities that can deliver what you are both looking for. The result is a partnership in which you create what you want together.

The Power of Connection teaches you to:

- Learn from experiences of the past
- Stop repeating patterns that don't work
- Find your real wants and express them
- Speak so you get heard and listen so others know they have been heard
- Transform differences into possibilities
- Step through inhibitions and fears and help others do the same
- Discover new levels of satisfaction, fulfillment and intimacy in your life

The Power of Connection is based on the principles of the More To Life Program through which many thousands of people have learned to deepen their self awareness and enhance their personal effectiveness over the past 25 years. It is offered in both private and organisational settings by licenced teachers around the world.

Fees vary with location but administrative costs are sponsored by an educational charity which supports this work. Please ask for more details from the person who gave you this leaflet, or visit www.moretolife.org/connect



1508 COLEMAN ROAD, SUITE 110
KNOXVILLE, TENNESSEE 37909