

Better Marriages Australia is an organisation which enriches the relationship of each married couple. Why not join Better Marriages Australia and have money well spent on an important investment - your marriage! Just \$30 annual membership or \$50 for 2 years, email: treasurer@bettermarriages.org.au

COUPLE SKILLS TO CONNECT AND THRIVE



Photo: Elev8 Aerial Images

Join us in beautiful Kiama with other couples who want their marriage relationships to not only survive today's challenges but to continue to grow and thrive. From newly-wed couples through to long married, this conference is for you! So register early and invite other couples to join you.

HEAR

a range of relationship specialists sharing latest research and practical tips

PARTICIPATE

in workshops

ENJOY

Quality time with your spouse

RELAX

On sparkling beaches & coastal walking tracks

BUILD

Friendships with other couples who value their relationship



Conference Packages

Register to secure your place and workshop preferences

Members of Better Marriages Australia	
Conference only Fee (per couple)	\$119
Conference, Celebratory Dinner & Entertainment (per couple)	\$169

Non-Members	
Conference only Fee (per couple)	\$149
Conference, Celebratory Dinner & Entertainment (per couple)	\$199

Conference only includes	
Lunch, morning and afternoon tea and coffee too!	

How to Register:
www.bettermarriages.org.au

8:45am - 5:15pm we're at:
Kiama Baptist Church
1/3 Brown St, Kiama NSW 2533

From 6:15pm we're at:
Heather and John McAlpine's Home
5 Carson Place, Minnamurra NSW 2533

Accommodation - Kiama has a host of accommodation from Caravan Parks to Air BNB, Apartments and Hotels.

CONFERENCE



Saturday 3rd September, 2022
Kiama Baptist Church

Expecting great things in our marriage through love, commitment and skill

8:45am Registration

9:15am Introduction

9:30am Keynote
Robyn Donnelly

'Sticking together when the world is pulling us apart'



Being passionate about the research that helps couples and families stay connected, (focussing particularly on John Gottman's work), Robyn believes we now have enough research to assist couples to strengthen their relationship and wants to share it with anyone who's interested.

Robyn is a Marriage Educator and has been in the relationship education field for 25 years. She has trained extensively in Gottman Therapy in both Australia and New York. She has been married to Mark for 29 years and they have two adult boys.

11:00am Morning Tea

11:30am Keynote
Heather and John McAlpine

'Reignite your Connection'



Activating your passion and expanding horizons. Taking a look at our marriage potential.

Heather and John (married 41 years) are the Trainer and Chaircouple for Better Marriages Australia, and together they have been leading Marriage Getaways in Australia, Uganda, South Africa and India for over 37 years.

John is a Gerringong G.P. with a Masters in General Practice Psychiatry.

Heather is a Relationship Therapist, Supervisor, Consultant and International best selling co-author. She is the recipient of a Churchill Fellowship studying Marriage and Family Education in the US and UK.

12:45pm Lunch

1:30pm Workshop 1 options:

1. Loving Intentionally – Creating Shared Meaning Robyn Donnelly

A stimulating, hands on workshop that will enable couples to explore how the research can assist them to live in more intentional connected ways.

2. Nurturing Positive Sentiment in your Relationship

Glenda and Simon Devlin

Building your couple tool box for managing disappointment, reducing reactivity and increasing joy. Explore ways to enhance appreciation of your partner and have more fun together.

3. "I don't need you to fix it, just listen to me". Connecting for Relationship Support.

Noeline and Paul Drayton

Exploring & practising skills that help us to really hear each other & grow our relationship.

2:45pm Afternoon Tea

3:15pm Workshop 2 options:

1. Loving Intentionally – Creating Shared Meaning Robyn Donnelly

Repeat of Workshop 1

2. Connecting through Conflict Sanaa and Sam Labib

Behind every negative emotion, there lies a longing or a dream.

"The purposes of a person's heart are deep waters, but one who has insight draws them out." Proverbs: 20:5. Let's discover ways to move beyond the negative emotions to draw out each other's longings.

3. Exploring positive and negative Cycles in Relationships Mandi and Shane Smith

This workshop helps you to explore your relationship dynamics, prevent partner withdrawal or dominance, and discover that patterns of relating are changeable.

4:30pm Panel Discussion

5:00pm Wrap up

5:15pm Close

6:15pm AGM
Heather and John's home

6:45pm Celebratory Dinner
(with entertainment)

