

RELATIONSHIPS MATTER

They define us - They bind us to each other - They connect us to colleagues, friends, family, and partners
They are the primary source of our happiness or frustration - They are how we relate to the world

CONNECTION

As important as relationships are, they take work (sometimes a lot of it). We want to have happy, successful relationships, but sometimes don't know how. We live in a "do-it-yourself," competitive high technology culture, yet one of our highest needs is simply- connection.

We need connection; to feel connected to ourselves, to each other, to family, to our work, to our planet. Disconnection is at the root of our biggest social problems- divorce, violence, juvenile delinquency, depression, suicide, terrorism, war, etc.

The internet and social media (such as Facebook and Twitter) allow us to easily connect with others in a virtual world. The staggering number of "friends" who spend many hours per day interacting on their cell phones and computers is measureable proof of our desire to connect. However, technology creates the illusion of connection and doesn't satisfy our social and emotional needs any more than watching a romance movie satisfies our desire to love and be loved.

FUN

Far from being frivolous, having fun provides positive energy, stimulates healthy bio-chemicals in our body, increases our attention span and ability to focus on a task or learning, and creates connection to others faster and easier than any other activity. Fun attracts us to an activity and provides positive reinforcement for participation that results in our wanting to continue that activity and do it again in the future.

SAFETY

Emotional and physical safety allows us freedom to be authentic and intimate with others, to be playful, to ask for help, to offer support, and to release our joy. Safety is all too rare in today's world, but can be consciously and intentionally created in our everyday lives and relationships.

LEARNING

"If you do what you've always done, you'll get what you've always got." To do anything differently we must learn, grow, stretch, try new things, adopt new attitudes, acquire new knowledge, discover new strategies. Feeling stuck and without options is an illusion accepted all too easily and often. There are always choices, tools, and resources that we can't see, just waiting to be uncovered, that can transform our reality and our life.

COMMUNITY

We are social beings. We are born into a family; go to school and play with friends as children; work, play, mate, and create families as adults; live in a neighborhood; join groups, clubs, and associations; form governments, committees, and task groups. We need parents, lovers, friends, neighbors, teachers, colleagues, mentors, and mentees. Old needs young; young needs old. Women need men, and men need women. We are all connected and interdependent. One in four adults in the U.S. lives alone, yet our ability to survive and thrive depends upon forming lasting relationships with others. Unlike the past where most people lived and worked in the communities where they grew up, in today's mobile society community must be intentionally created and too many people live isolated lives with few meaningful relationships.

EMPOWERMENT

We can live with the world as it is, or we can create the world we want. We can complain that things aren't as we'd like, or we can take responsibility for our present and future. We can wait and hope that "they" do something, or we can take the initiative and do it ourselves.

WHAT IS CLUB RELATE?

Club Relate is a fun, safe, educational community that promotes and supports conscious relationships. We understand that our inter-dependence, need for connection, desire for successful relationships and a better world for ourselves and our children can best be served by coming together and creating a supportive community for singles and couples to connect and thrive.

Single? Club Relate will support you to find the love of your life and the life that you love. Couple? Club Relate will support your relationship by connecting with like-minded couples who share your needs, goals, priorities, and challenges. No-one is successful alone.

Join our community to get and give the support needed to create happy, successful relationships.

**Together we can
change the world.**



Join Club Relate Today! www.ClubRelate.org

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