

Frequently Asked Questions

RelationshipsOnFire™ Weekend Retreat

October 25-26 2008

Who is the retreat for?

The RelationshipsOnFire™ Couples retreat is for committed couples who are looking to take their relationship from good to great. Grounded in relationship systems coaching work, this retreat is held over a 1.5 day period in the beautiful setting of Muskoka.

During the weekend retreat you will:

- Reconnect to what brought you together as a couple in the first place
- Explore the roles of positivity and productivity within your relationship
- Design an alliance for your relationship, spelling out what you can be counted on for, during the good and the bad
- Discover the wisdom that your relationship holds
- Create a powerful vision of what you want as a couple
- Open up communication for you as a couple
- Identify your relationship values
- Explore new perspectives and stories of your relationship
- Reignite your passion and energy for the relationship
- Create an action plan to sustain your fire and achieve your goals as a couple
- Develop an accountability structure to sustain your goals and dreams once back to your "real life"

What you can expect:

Look forward to an enriching weekend for the two of you, with the focus on your growth and discovery as a couple. The retreat is grounded in relationship systems coaching work and exercises, where relationships are seen as healthy, whole and full of wisdom. The retreat will create the space for you as a couple to reconnect with what is most important to you, and provide a backdrop for future planning and creating. The day and a half will include a series of coaching exercises to help you explore your relationship more deeply and communicate more effectively with each other. You can expect to be involved in exercises for the two of you as a couple, as well as some small group discussions.

Where is the Retreat held?



The retreat is held just outside of Huntsville, Ontario, approximately 2.5 hours north of Toronto, in beautiful Muskoka. Retreats are held riverside at the home of Sharon Miller.

We are pleased to suggest accommodation options in nearby Huntsville. Most hotels are less than 15 minutes drive from our location.

What's included in our registration?

Your Registration includes:

- 1.5 day retreat in beautiful Muskoka (2.5 hours North of Toronto): All Day Saturday(9:30 am – 4:30 pm) , Half Day Sunday (9:30am – 12:30pm)
- RelationshipsOnFire™ Manual and Couples Workbook

- Lunch on Saturday, and coffee breaks throughout the weekend
- A group follow-up teleconference session (1 hour) after the retreat, and
- An opportunity to reconnect and recharge as a couple in the beautiful setting of Muskoka (priceless!).

** Retreat pricing does not include accommodation. We are happy to suggest accommodation nearby (<15 minutes) for a range of budgets.*



Who facilitates the retreat?

OnFire Retreats are facilitated by Professional Certified Coaches Sharon Miller and Jennifer Britton, who together bring over 4 decades of experience in the field of leadership development as coaches, trainers and retreat leaders. You can learn more about Sharon at her website: Sharonamiller.com and Jennifer at PotentialsRealized.com. Sharon and Jennifer both have ancestral roots in the Muskoka area and call parts of Muskoka their seasonal home – Sharon in Huntsville, and Jennifer in Baysville.

Since summer 2007, Sharon and Jennifer have been offering the RelationshipsOnFire™ Couples Retreat in Muskoka. This year we will also be hosting the WomenLeadersOnFire™ retreat (September 20-21, 2008).

What other programs do you offer?

Together Sharon and Jennifer offer a series of OnFire programs including:

- WomenLeadersOnFire™
- WorkRelationshipsOnFire™
- TeamsOnFire™
- StellarTeam Diagnostic Assessment™ *
- LeadersOnFire™

** A product of Team Coaching International*



Programs are delivered in Muskoka for the public, and are also delivered on-site and offsite for organizations desiring locations of their choice. We also offer individual OnFire Coaching, for those looking for confidential and precisely personalized one-on-one support.

To register or for more information

Visit us online at <http://www.retreat2muskoka.com>

You can also register and pay by PayPal online at <http://www.groupcoachingessentials.com/pages/relationshipsonfire>.

Or Please Contact Us Directly:

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