

Thank you for your interest in working with Matthew Pruen – [www.matthewpruen.com](http://www.matthewpruen.com).

Matthew principally works from The French Retreat near Bordeaux [www.retreat.fr](http://www.retreat.fr), which is the retreat centre he founded with his wife.

He also works in Winchester, England.

Although face to face work is certainly preferable, for couples unable to travel, Matthew offers the process online.

If after reading this, you and your partner want to take things further, Matthew suggests a thirty minute call during which he will answer and ask questions and clarify his approach. There is no charge for this initial conversation.

### **Matthew's approach**

Matthew's course lasts three days. Unlike psychotherapy, it's a structured program. Each step is intentional. This contrasts significantly with the typical weekly hour which is often too little time to gain traction and build real and lasting change into the relationship.

### **What if the relationship might not last anyway?**

Matthew has worked with this approach with couples who are keen to stay together, unsure/ambivalent, committed to parting or with differing views. In any event, his intention is to get couples in good connection through rebuilding respect, trust and safety.

Matthew's belief is that whether or not the future is together or apart, it is essential to

- Develop good, clear communication
- Let go of past grievances
- Envision a positive future

After all, if parting ways is to be the way forward, to do so on kind and respectful terms is surely worth a lot.

### **Are we just going to spend three days talking?**

No, unlike psychotherapy, it would be better to think of the experience as a course for couples. The first two days involve a tightly scheduled program with breaks. The third day is a more fluid, workshop-based day.

### **What's the intention?**

- To re-establish open hearted connection and trust
- To learn tools which support you with communication and problem solving.

- To grow the relationship into something you both want it to be.

### **And afterwards?**

Matthew works in a practical, tools-based way. Couples participating in this course will leave with

- Explicit agreements and commitments for positive change.
- Tools to work with independently so the learning can be integrated into your lives.
- Simple rituals for continued growth and satisfaction.

The course fee includes a two hour, follow up zoom call two months later. During this, Matthew will facilitate a review of what has gone well, what hasn't and what would help improve things further.

### **Preparation work**

Please look over the itinerary below and make note of any questions you may have for our initial zoom call. Otherwise, all that is asked of you is to arrive with an attitude of open-hearted enquiry.

### **Itinerary**

#### **Day 1**

#### **Communication**

- |             |   |
|-------------|---|
| 9:00am      | A 30m session attended by you both to set intentions.   |
| 9.30am      | Up to 2 hour session with one of you and Matthew using a 7-step communication model to produce a script. During this time the other partner is on a break.        |
| 11:30am     | Up to 2 hour session with the other partner and Matthew using a 7-step communication model to produce a script. During this time the first partner is on a break. |
| 1:30-2:30pm | Lunch   |
| 2:30-4:30pm | Facilitated dialogue. A structured sharing of the above scripts.  |

#### **Day 2**

#### **Letting go of past grievances**

- |        |  |
|--------|--|
| 9:00am | A 30m session attended by you both to check in on day 1 and prepare for day 2.   |
| 9.30am | Up to 2 hour session with one of you and Matthew using a 7-step communication model to produce a script. During this time the other partner is on a break. |

11:30am Up to 2 hour session with the other partner and Matthew using a 7-step communication model to produce a script. During this time the first partner is on a break.

1:15-2:15pm Lunch

2:15-4:15pm Facilitated dialogue. A structured sharing of the above scripts.

### **Day 3 Resolving issues and envisioning a positive future**

9:30am-1:15pm The third day is structured more flexibly. It will involve both of you for the whole day. The morning session will be a workshop focusing on the material that has surfaced over the first two days. Key issues will be covered including ...

How the past affects the present.  
The predictable cycles of long-term relationship and how to breakthrough deadlock.  
Key personality differences and the different ways people experience love.

There will be a break mid-morning

1:15-2:15pm Lunch

2:15-4:15pm Negotiating and finalising personal requests, commitments and agreements. Establishing ongoing practice and relationship rituals.

4:15-4.30pm Closing process

4:30-5:30pm Departure

Each day is tightly scheduled so it is essential to be punctual.

### **How to get the most from the experience**

Ideally couples will use the whole time as a retreat from busy lives. Matthew well understands that it can be challenging to take out so much time, nevertheless, it would be very helpful to limit other demands on your time as best you can. It would be advantageous if distractions such as email, phone calls and such were kept to a minimum - for example a 30m window each morning before the work commences.

If working with Matthew in France couples can go on walks in the French countryside and explore local sights in the late afternoon and evening. In the warmer weather swimming in the retreat's pool is possible. Massage and other spa therapies can be very supportive of the process and can be arranged with notice.

Winchester, is a beautiful cathedral city surrounded by water-meadows and sites of interest. Again, massage etc. can be arranged by request.

### **Accommodation at the French Retreat**

Private double, twin and separate en suite rooms are available. Although often a private space, there may be another small retreat taking place at the venue. If exclusivity is essential, this is possible by arrangement when discussing dates.

Accommodation for three nights plus the meals below for two people

- Sharing one room (double or twin beds) €420
- Two separate rooms €620

Accommodation is billed separately by the retreat centre.

### **Meals**

A light supper will be provided on the evening of arrival (from 6:00pm on the day prior to the course).

Breakfast and lunch will be provided every day.

Dinners on Day 1 and 2 can be taken in local restaurants or possibly self-catered.

### **Travel to France**

Address:

The French Retreat, 11 Route de la Loge, 16210, Yviers, France.

Bordeaux Merignac Airport is the nearest airport. Flights to Merignac and car hire there are both straightforward and highly recommended.

If travelling by train, collection can be arranged from Angoulême or Chalais stations.

The French Retreat is about an hour and a quarter to the northeast of Bordeaux in the direction of Angoulême. The nearest town is Chalais.

Travel to and from the venue is at your expense.

For more comprehensive travel information click here [www.retreat.fr/how-to-get-here](http://www.retreat.fr/how-to-get-here)

### **Accommodation in Winchester**

You can book a hotel room and come to Matthew for the course, book a holiday home/Airbnb in the local vicinity and Matthew will come to you, or indeed book a boardroom your hotel and work with Matthew there.

A popular option is

Hotel du Vin, Southgate Street, Winchester SO23 9EF [www.hotelduvin.com/winchester](http://www.hotelduvin.com/winchester) tel:01962 896329

Other options include:

- Winchester Royal Hotel, St Peter Street, Winchester SO23 8BS  
[www.winchesterroyalhotel.com](http://www.winchesterroyalhotel.com) Tel: 0330 102 7242  
email: [reception@winchesterroyalhotel.com](mailto:reception@winchesterroyalhotel.com) (three meeting room options)
- The Mercure Winchester Wessex Hotel, Paternoster Row, Winchester SO23 9LQ  
<https://all.accor.com/hotel/6619/index.en.shtml?dateIn=&nights=&compositions=1&stayplus=false#origin=accor>  
Tel: 01962 861611, email: [h6619@ACCOR.COM](mailto:h6619@ACCOR.COM)

## Travel to Winchester

Winchester is an hour from London by train and an hour and a half by road from Heathrow airport. The nearest airport is Southampton.

## The online option

Although face to face work is preferable, Matthew can offer the course online.

Typically, clients who cannot travel to France or the UK find a suitable environment or book themselves into a hotel to be able to participate undistracted.

In this event, what is required is ...

- A reliable internet service
- A private space to work in – uninterrupted by others
- A printer to print out the course material
- Pen and additional paper
- A laptop and headset

When working online, ideally all three days would be consecutive. If absolutely necessary, the third day can take place up to a week afterwards.

**Course fee: €3500.00 / £3000.00** which covers 7.5 hours of coaching each day and all course materials.

Fees are charged in either Euros or Pounds Sterling depending on whether Matthew is working in France, the UK or online.

To secure your dates, 60% of the full coaching fee is due at the time of booking and the remaining 40% is due 28 days before day one of the course.

If less than 28 days before day one of the course, the full amount is due when booking.

### **Covid considerations**

Given the uncertainties resulting from the pandemic, Matthew has adopted the following policy.

Travel information for people travelling from the UK to France can be found here

[France travel advice - GOV.UK \(www.gov.uk\)](https://www.gov.uk/france-travel-advice)

It is your responsibility to inform yourself of all appropriate travel guidelines.

As soon as your willingness to attend and dates are agreed you will be invoiced for a 60% deposit of the course fee. Once payment is received you will receive formal confirmation.

21 days before your booking, we will review the Covid travel guidelines and ...

If travel to France is possible, you then pay the remaining 40% of the fee within 7 days and on receipt of that payment we will confirm your booking in France.

If Covid subsequently prevents you attending the course the following options apply:

If travel to France is not possible, then your payment go be transferred to either:

- a. The online course on the same dates you have reserved
- b. The In-person course on another mutually convenient date in France or UK within one year.

You may have three days from the review date to let us know which option you prefer.

If after one year you have neither taken the in-person nor the online course, your payment will be non-transferable and non-refundable. For this reason, Matthew requests that you both commit 100% to doing the course before paying a deposit.

### **Cancellation policy**

Please notify both Matthew and I of any cancellation by email to [matthewpruen@gmail.com](mailto:matthewpruen@gmail.com) and [mtbpbookings@gmail.com](mailto:mtbpbookings@gmail.com)

Kindly note the following cancellation charges:

- 28 + days before day one of the course: No cancellation charge
- 14-27 days before day one of the course: 60% of the full coaching fee
- 0-13 days before day one of the course: 100% of full fee

### **Next steps**

If this is of interest, kindly let me know when you and your partner are free to have a free, no obligation, thirty minute zoom call with Matthew and I'll be back in touch very soon.

**Next available dates here**

For a 30m introductory zoom call with Matthew

For the three day intensive

With thanks and all good wishes,

Liz

Liz Dawes  
PA to Matthew Pruen  
[www.matthewpruen.com](http://www.matthewpruen.com)  
[www.retreat.fr](http://www.retreat.fr)