

Dear Couple,

Thank you for your interest in working with Matthew Pruen – www.matthewpruen.com.

Matthew principally works from The French Retreat near Bordeaux – www.retreat.fr 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 will have a brief 30m Zoom 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 ample breaks. The third day is a more fluid, workshop-based day again, with breaks.

What's the intention?

- 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.

Course materials

A course workbook will be provided which will serve as a folder for your notes, a record of your experience as well as a resource for using the tools and guidance on other resources.

Itinerary

Day 1

Communication

- 9:30am A 30m initial session attended by you both to set intentions.
- 10:00am A 90m/2 hour session with one of you and Matthew alone using a 7-step communication model to produce a script. During this time the other partner is on a break.
- 11:30/12:00 A 90m/2 hour session with the other partner and Matthew alone using a 7-step communication model to produce a script. During this time the first partner is on a break.
- Approx.
1:30-2:30pm Lunch break
- 2:30-4:30pm Facilitated dialogue. A structured sharing of the above scripts.

Day 2

Letting go of past grievances

- 9:30am A 30m initial session attended by you both to check in on day 1 and prepare for day 2.
- 10:00am A 90m /2 hoursession with one of you and Matthew alone using a 3-step process to produce a script. During this time the other partner is on a break.

11:30/12:00 A 90m session with the other partner and Matthew alone using a 3-step process to produce a script. During this time the first partner is on a break.

Approx.
1:30-2:30pm Lunch break

2:30-4:30pm Facilitated dialogue. A structured sharing of the above scripts.

Day 3 Resolving issues and envisioning a positive future

9:30am-4:30pm The third day is structured more flexibly. It will involve both of you working alongside Matthew 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

Approx.
1:00-2:00pm Lunch break

2:00-4:30pm Negotiating and finalising personal requests, commitments and agreements. Establishing ongoing practice and relationship rituals.

Closing process.

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

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.

Accommodation at the French Retreat

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

Arrival time is after 5:00pm on the evening before Day 1.

Meals at The French Retreat

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 on Days 1, 2 and 3.

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

Departure time is between 4:30-5:30pm on Day 3.

Accommodation fees at the French Retreat

For the duration of your 3-night stay, the following accommodation options are available depending on your preference.

- One room to share
- Two separate rooms

You can choose a double or a twin room. All rooms are en suite.

Accommodation for three nights plus the above meals for two people

- Sharing one room (double or twin beds) €570
- Two separate rooms €870

Venue in Winchester

In Winchester Matthew works from a practice room at

The Pump House, Garnier Road, Winchester, SO23 9QG

[The Pump House - Co-working and wellbeing space in Winchester \(thepumphousewinchester.co.uk\)](http://thepumphousewinchester.co.uk)

If you prefer, Matthew can teach the Couples' Course at your hotel. In this case, you will need to book a suitable meeting room.

Accommodation in Winchester

Accommodation is booked and billed directly with your chosen hotel.

Some suggestions include

Hotel du Vin www.hotelduvin.com/winchester

Lainston House (Sparsholt, near Winchester)

[Lainston House | 5 Star Country House Hotel in Winchester \(exclusive.co.uk\)](http://Lainston House | 5 Star Country House Hotel in Winchester (exclusive.co.uk))

The Royal Hotel www.winchesterroyalhotel.com

The Wessex Hotel www.all.accor.com/hotel/6619/index.en.shtml?utm_campaign=seo+maps&utm_medium=seo+maps&utm_source=google+Maps

The Wykeham Arms

www.wykehamarmswinchester.co.uk

And of course, AirBnB options are widespread www.airbnb.co.uk

Meals Winchester

When working with Matthew in the UK, meals are your own responsibility. Options include the following

The Pump House offers buffet style breakfast and lunch as well as an all day café service.

The Queen Inn is a 5 minute walk away and offers pub food [The Queen Inn, Winchester - Home \(thequeeninnwinchester.com\)](http://The Queen Inn, Winchester - Home (thequeeninnwinchester.com))

The Wykeham Arms is slightly further (a 10-15m walk) and offers a finer dining menu. Booking is advised. www.wykehamarmswinchester.co.uk

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.

Travel to France

Address:

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

Please be aware that taxis in this very rural area are hard to come by. Car rental is advised.

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

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 if in-person work is not possible.

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 undistractedly.

In this event, what is required is ...

- A reliable internet service (two in the event that you are in different locations).
- 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 necessary, the third day can take place up to a week afterwards.

Matthew's availability

It is not possible to book the dates online, however, The Couples' Course dates - up to 6 months in advance - can be seen by clicking the BOOK NOW link on Matthew's website www.matthewpruen.com and selecting The Couples' Course.

Booking

To book your Couples' Course, please email me, (Matthew's PA, Rosey) at mtbpbookings@gmail.com

Booking a free 30 minute Couples' Course pre-call can be done online by clicking the BOOK NOW link on Matthew's website www.matthewpruen.com and selecting 30 min Couples' Course pre-call (zoom).

Course fees

The programme consists of 6.5 hours of coaching each day.

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

Bank transfer details will be clear on your invoice.

Total fee €3500.00 / £3000.00

Payment

If booking France, you will receive two separate invoices in Euros. One from Matthew for the coaching fee and another from The French Retreat, for accommodation and meals.

If attending the course without the need for crossing international borders

That is to say, if you are based in the country within which you will be working with Matthew.

To secure the preferred 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 at the time of 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 in advance of your preferred dates, we will review the Covid travel guidelines and ...

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

If Covid subsequently prevents you attending the course on your preferred dates, then the below options apply).

If travel to France is not possible, then the payment you have paid will be put towards:

- a. The 3-day online course to be taken on the dates you have reserved for attending the course in France

Or

- b. The 3-day online course to be taken on mutually convenient dates before 31st December 2022

Or

- c. The 3-day in-person course to be taken on mutually convenient dates in France or UK before 31st December 2022

And

- d. You let me know within 3 days of the day on which we have reviewed the situation which of the above options you prefer

If by 31st December 2022 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 and 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

If I can be of any further assistance, please don't hesitate to contact me at mtbpbookings@gmail.com.

With thanks and all good wishes,

Rosey

Rosey Kassab

PA to Matthew Pruen

www.matthewpruen.com

www.retreat.fr