

## Safe Conversations Webinar Class - Satisfy the Deepest Yearning of the Heart

Nancy Bulow  
September 27, 2019



Dear Friends,

Safe Conversations is a relational technology that transformed my life. It is a 3-step dialogue process that integrates the brain and deepens connection, thus "satisfying the deepest yearning of the human heart -- to love and be loved." The safety that is created through the intentional dialogue invites openness and warmth into the sacred space between you and your loved one and can be used in any relationship.

Safety allows for vulnerability which leads to the discovery of unconscious challenges from childhood that influence your adult relationships. Anxiety that is created by a ruptured connection is relieved through learning to talk without criticism and listen with curiosity. You are thus able to give and receive love with calm and ease. Zero Negativity generates a Space-Between free from put-downs and other emotional toxins, replacing them with affirmations and appreciations.

Safe Conversations incorporates brain science in its relational technology. It is helpful to understand that the brain stem's prime directive is survival and is always on alert to sense danger. We create elaborate defense mechanisms to protect ourselves from rejection since, as social beings, we cannot survive alone. Safe Conversations teaches how to activate and integrate the higher parts of our brain, which initiate collaboration and co-creation. Since we are hard-wired for emotional intimacy, a safe environment is an absolute necessity in order to fully connect with another person.

With safety, the defense mechanisms are de-activated, and our original nature arises from deep within. We experience full aliveness and joy, some people for the first time since childhood. We sense the wonder of life and a peace in our knowing that we are an integral part of the great design of the universe. We belong to one another. We substantiate the unconditional love of God and fulfill the purpose of creation.

Blessings to you and your family,

Nancy Bulow

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We are inviting you to experience it with us. The webinar series begins on October 2, 2019 and will be presented by Anne Contee and Nancy Bulow. For information and to register:

[Register or Learn More](#)

CONTACT

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## SAFE CONVERSATIONS

"Satisfy the deepest yearning of the human heart."

### NEW WEBINAR CLASS

4-Session Course, October - November

**Wednesdays: October 2, 16, 30, and November 13, 2019**

**1:00 - 3:00 pm EST**

All are welcome!



**"We are born in relationship,  
grow in relationships,  
are wounded in relationship,  
and healed in relationship."**

- Helen LaKelly Hunt

The educational program "Safe Conversations" (SC) created by Dr. Harville Hendrix and Dr. Helen LaKelly Hunt will be presented by Anne Contee and Nancy Bulow.

You will experience **a new way of talking and a new way of listening**

that can transform all your relationships. You will be guided step-by-step to learn four dialogues that you can use in either a casual or an intimate relationship to bring an experienced sense of compassion and connection.

**Our mission is to empower people to  
talk without criticism,  
listen without judgment,  
and connect beyond differences.**

We do this by teaching Safe Conversations®, a method developed by top relationship experts,

that makes it possible to talk with anyone about anything and experience connecting rather than polarization.

### About Harville & Helen

Harville Hendrix, Ph.D. and Helen LaKelly Hunt, Ph.D. are partners in life and work. As the founders of Imago Relationship Therapy, and most recently Safe Conversations, they have written over 10 books, including three *New York Times* bestsellers. Yet, even as relationship experts, their marriage almost didn't survive. Learn their amazing story of how they saved their marriage and have given hope to so many in the video on the link below.

Relationships First

# SAFE CONVERSATIONS

**“If you improve talking, that is, talking without judgment so that you can connect, you actually satisfy the deepest yearning of the human heart. ”**

- Harville Hendrix

## Four 2-hour Zoom Sessions:

You'll learn a proven process that works in any relationship and helps make difficult conversations easier.

In four 2-hour sessions, you will learn the relational technology, Safe Conversations (SC). The webinar consists of video lectures, group discussions, interactive break-out practice sessions and homework. The SC methodology offers the promise that **when you practice** to gradually integrate the core relational competencies into your life, **you will experience interpersonal miracles**.

**Session 1, Oct. 2:** The Idea, The Skill, The Decision; From Monologue to Dialogue; The Human Journey; The Appreciation Dialogue



A relationship is defined as “two people and the Space-Between.” When this shared energetic space is safe, we experience an authentic connection and ultimately feel wonder, full aliveness and joy. A Safe Conversation allows the anxiety and defenses to diminish and gradually we become conscious of our emotional triggers. Through this awareness we learn how to heal the relational challenges of the past and how to manage difficult and even toxic emotions which are influencing our present. Once we validate and empathize with each other’s inner world, the relational space becomes rich with curiosity, compassion and affirmations.

**Session 2, Oct. 16:** The Brain, Defenses and Triggers; Early Life Challenges Dialogue

**Session 3, Oct. 30:** The Imago; Safe Conversations; Conscious Partnership; and the Frustration Dialogue

**Session 4, Nov. 13:** The “Re-Do” and Behavior Change Request; Caring Behaviors Dialogue; Relational Competencies and Next Steps

**Format:** Zoom Sessions include lecture, discussion and practice time using the Zoom rooms. You will receive your preparation materials in advance of each class. Recordings will be provided for those who miss the live session. However, it is highly recommended to attend live. Zoom is a free service and can be downloaded on your phone or computer. Invite your spouse, friend, parent, child, or co-worker. Or come learn for yourself!

**Cost:** \$100 for the 4-session Safe Conversations Zoom webinar. Scholarships available!

**Participant Manual** - The preferred option is to order the manual which provides step-by-step instructions and background information. If you order the manual, \$10 will be deducted from the cost of the class (as an incentive!). If you choose not to order the manual, materials will be emailed before each session in a PDF form to be printed out for use in the class. For manual, see link below:

[Pre-Order Manual Here](#)

**We welcome your questions or comments. Our contact information is:**

Nancy - nancybulow@yahoo.com; and Anne - annecontee@icloud.com

[LEARN MORE ABOUT ANNE CONTEE](#)

**TO REGISTER:**

Fill out the form below and press SUBMIT.

**TO PAY:**

Once you register, you will receive an invoice via PayPal from Nancy Bulow: nancybulow@yahoo.com. Payment plans available. We offer a refund (minus the PayPal take) if for any reason you cannot participate. Kindly notify us before the class start date.

Name \*

First Name

Last Name

Email \*

Phone

(###)

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Location \*

How did you find out about this course?

**SUBMIT**