



Gottman Workshop:

The 7 Principles Intensive Workshop For Couples

Location: Northern Virginia Office

Intended For: Couples

Date: October, 2025

Full Day Intensive Workshop, 9am – 5pm

the Seven Principles for Making Marriage Work

Deepen Your Connection!

This interactive and immersive program is offered to couples who want to learn proven, practical tools to strengthen their connection. Designed by world-renowned relationship expert and psychologist Dr. John Gottman, this full-day session is based on findings from decades of research on the resilient factors that help marriages and committed relationships to thrive.

Bring joy, passion, and understanding back into your relationship—at any stage of your journey together. Whether you're married, engaged, considering marriage, or in a long-term partnership, you'll explore new ways to connect and strengthen your bond.

In this workshop you will learn:

- How to improve your friendship and connection
- Powerful communication tools
- Strategies to manage conflicts effectively and empathically
- The workshop includes educational material,

videos, demonstrations and exercises. You will have the opportunity to practice specific skills privately, learning new ways to interact. Each couple will receive material associated with the class

Cost: \$600 per couple, which includes a copy of Gottman's *The Seven Principles for Making Marriage Work*, 2 Couples Guides, and Gottman card decks. Coffee and lunch will be provided.

Ask about discount rates for current Ross center clients.

Facilitator: Simona Efanov, PsyD

For more information, please visit our website: RossCenter.com

Or contact Dr. Simona Efanov by phone or email at 703-687-6610, Ext 143 or sefanov@rosscenter.com