



Body, Mind and Spirit
is Profoundly Influenced by

Relationship Health

PAIRS proven, practical tools for understanding and expressing emotions, improving confiding and listening skills, navigating conflict and differences, and uncovering hidden assumptions and expectations delivered in an environment of empathy, respect and compassion regularly leads to a paradigm shift in human connection, acceptance and dignity.

Bringing PAIRS to Your Community

Complete the four-day PAIRS Level One Certification Training to bring PAIRS to your community. Training is conducted in a group setting with a PAIRS Trainer. PAIRS Trainers are skilled, perceptive, effective, certified facilitators from various disciplines. They have multi-year experience delivering PAIRS programs to diverse audiences and consistently earn the highest evaluations from course participants. The general format is straightforward: the PAIRS Trainer introduces an evolving body of principles and "tools" developed by PAIRS Foundation and invites dialogue with participants (usually 30-50). **Learn more at <http://training.pairs.com>.**



The Mission of PAIRS is to create a safer, saner, more loving world. An industry leader in relationship-skills education for more than a quarter century, PAIRS offers innovative, evidence-based programs for creating and sustaining healthy relationships.

PAIRS education, through programs ranging from four to 120 hours, provides tools that become lasting resources to foster love, happiness, pleasure and fulfillment.

PAIRS Essentials, a nine-hour flagship program recognized as a national "Best Practice," has been highly effective empowering couples, families and teams with the skills to create positive, enduring shifts in the quality and resilience of intimate and collaborative relationships on a foundation of expanded empathy, joy and compassion.

Independent research has shown:

- Restored and revitalized relationships
- Higher levels of relationship satisfaction
- Reduced symptoms of distress and anxiety
- Greater commitment to shared vision, and
- Increased resilience for marriages, families and relationships.

Learn more at <http://evaluation.pairs.com>.

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The PAIRS Foundation, Inc.
a 501(c)(3) Non-Profit

A Transformative Learning Model for Expanding Empathy Joy, and Compassion

“PAIRS has been ground breaking for my husband and me. There are issues we have been dealing with for 19 years. Two of these issues seem to be starting to be resolved just in these few days. I am a cancer survivor and he suffers from PTSD (from being sent to Iraq). We have found a closeness we haven’t had in years.”

Make An Immediate **Impact** on a **Person’s Life**



Emotional or physical distress and trauma can lead to the loss of vital supports from family, friends and community when they’re needed most. PAIRS programs provide the opportunity for people in any stage of life or relationship to build heart-to-heart connections and experience the transformative power of empathy, mutual respect and compassion. PAIRS tools empower participants to create a shared environment of emotional openness, authentic communication, healthy conflict resolution, and bonding through emotional and physical connection instead of distance and isolation — decreasing symptoms of distress, improving well-being, and boosting resiliency.

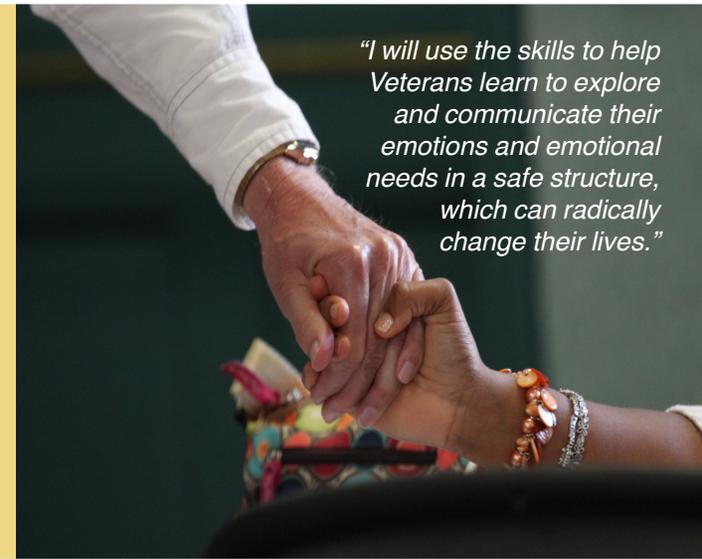
SUPPORT WHEN NEEDED MOST



National Priorities

PREVENTING HOMELESSNESS

Relationship breakdown – the inability to sustain vital family, social and community supports – is one of the most common shared experiences of men, women and children who experience the tragedy of homelessness. For individuals, couples and families in or near the brink of poverty, family fragmentation often comes with multi-generational consequences that are significantly preventable.



“I will use the skills to help Veterans learn to explore and communicate their emotions and emotional needs in a safe structure, which can radically change their lives.”

“This weekend has helped give me the tools to achieve my goal of spending the rest of my life with my spouse. It has also given me the tools to try to help my wife with her depression.”

BUILT ON THE POWER OF EMPATHY AND COMPASSION

“My husband and I have been married for nine years and attended counseling, marriage retreats, had one-on-one help, yet no one or any resource has made an impact like PAIRS Essentials. For the first time, we actually engaged in meaningful discussions that offer a win/win for both of us. I actually looked at my husband differently by the end of the first night because he ‘got it.’ He articulated how sorry he was for the hurt he caused our marriage and family. And I received it because I could tell his heart had been changed.”

RESILIENT FAMILIES

Differences are a natural part of every close relationship. Yet increasingly few people grow up with skills for working through conflict in ways that create greater closeness and acceptance. Skills training built on emotional literacy has helped couples in all stages of relationship increase relationship satisfaction and pleasure.

“My wife and I were as far apart as any couple on the edge of divorce could be. This weekend has been a game changer.”

NURTURING CHILDREN

Childrens’ ability to pursue the promise and potential of their lives is profoundly impacted by their parents’ relationships. Beyond helping parents improve communication, collaboration and cooperation, PAIRS helps youngsters develop a foundation of emotional literacy that boosts self-worth, self-esteem and healthy decision-making.

OVERCOMING TRAUMA

Without effective skills for confiding, the pain of traumatic experiences is often turned inward, leading to depression or suicide, or outward,

bringing increased potential for abuse or violence against those closest. PAIRS tools help individuals, couples and young people learn to safely confide and relieve emotional intensity.

VISIONARY TEAMS

Visionary teams are built on empathy, good will, effective communication, emotional understanding, shared power and decision-making, organizational and individual integrity, and constructively navigating conflict on behalf of a shared mission. PAIRS TEAMS training improves workplace communication, cooperation, client-centered service, and performance.