



DATE NIGHT

Take the time to build the foundation in your relationship. Spending time together is important to create a happy home. Date night is meant to have fun with your partner and show how much you love each other.

Keep the spark alive.

You're Worth it!"

DATE NIGHT

Did you know how important it is to keep your relationship alive? When both partners are actively involved in the relationship you will both benefit. Let me introduce to you my creation of Date Night.

Prior to starting date night both partners will discuss a budget and babysitting arrangements for once a month for a minimum of 3 hours. Note not all events have to cost money be creative when planning your events.

1. Each person will create a list of 4 fun activities and 2 nights of intimacy
2. Each person will have a total of 6 events to plan for the year
3. Each month you will alternate who is responsible to plan for the event
4. Each person will place the 6 activities in their own jar
5. When planning for your event ensure to add all details on a separate page of the details you will need to plan for the date
6. Each month 1 of the partners will take full responsibility to plan their event
7. The event can be day or evening but has to be a minimum of 3 hours
8. Place a calendar on your fridge and schedule the day and add the name of the person who is responsible to make the plans
9. Ensure to let the other partner knows what to expect on the date example if you're planning a hike you will need proper clothing, shoes, etc
10. No matter what the other person chooses for their date night you are required to honor and fully commit yourself

Be sure to be creative and descriptive when planning event. You want to be sure your partner completely understand what you are planning.

This exercise will enhance your relationship, keep the spark alive, and bring ongoing fun and intimacy in your day to day relationship.

EVENT PLANNING

Name of Event: _____

Date of Event: _____ Start Time: _____ End Time _____

Minimum 3 hours

Place: _____ Cost: \$ _____

Preplanning details and or Items checklist:

Call for Reservations: _____ Time: _____ Place: _____

Money: _____

Items to bring: _____

Additional Notes - Day of the Event : What does it look like to you?

Notes: Ensure not to talk about the kids, finances etc. You are fully responsible to be in the zone of the event. Be sure to bring your camera and create great memories.



Ideas:

1. Planning a dinner together, get the food items, prepare meal, have candle light and watch a movie cuddling on the couch.
2. Going for a long walk in the park
3. Plan a picnic at a park and go for a walk
4. A drive in the country and stopping at a country coffee shop
5. A small home project
6. Searching on the internet
7. Listening to some music and creating a music file on your ipod
8. Watching sports at a local pub
9. Play golf
10. Plan an intimate night by doing something out of the norm (having sex on the coach rather than the bedroom)
11. Going to the spa for a full body message together
12. Going dancing



Founder: 2012

Owner: Patricia Lavigne

Certifications: Certified Professional Coach, Certified Singles Coach, and Relationship Coach, Certified Event Planner, Trainer, Public Speaker, Developing and Design of Training Programs.

Areas of Expertise: Singles Coaching, Relationship Coaching, Life Coaching, Business Coaching, Public Speaking, Program & Development, Train-the-Trainer, Team Building, Event Planner, Problem Solving and Effective Communication

Professional Background:

With over 31 years of knowledge and experience in the corporate industry offers a wide area of expertise. Her opportunity to work in various areas offers a wide range of experience in coaching, facilitating, training and development, business planning and organization, event planning, effective communication and problem solving. Working with internal and external agencies offers a great deal of customer service experience.

Personal Level:

Patricia promotes strong family values in her daily life and understands the responsibilities that accompany this. Patricia has continuously executed those responsibilities and has stayed true to her values. She has a genuine interest in the well-being of people demonstrated by her commitment of positive involvement. Knowing Patricia's attributes one can easily see she possesses the essential ingredients for success.

Giving Back

As a Volunteer, she is a strong supporter and believer in giving back to the community. Patricia has volunteered for non-profit organizations for over 15 years and volunteered on the Board of Directors as the President, Moderator, Newsletter Director, Parent Educator, Facilitator, Organizer and more. Much of her time was offered to various organizations such as Family Education Centre, Region of Peel (associated with Daycare Center, Vita Centre, Salvation Army, and Angela's Center), Parents without Partners, Meetup Social Groups.

My personal leadership philosophy is "making a difference" – by doing what you believe in.