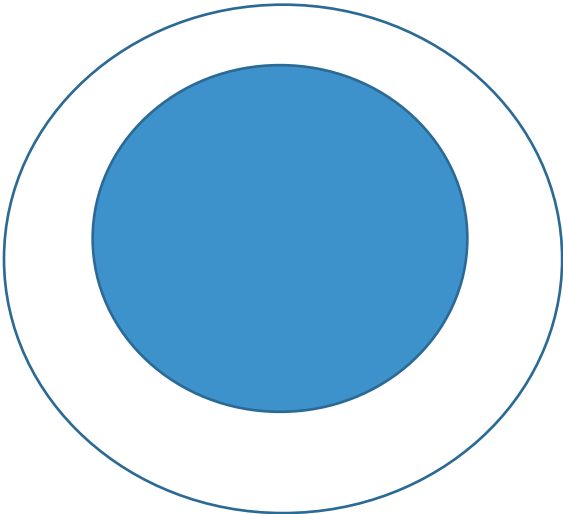
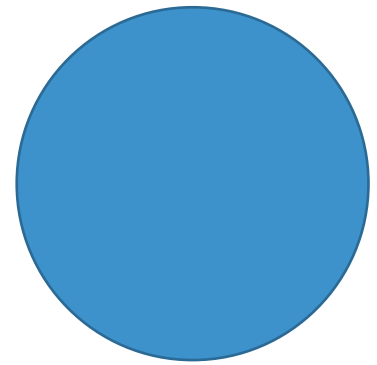
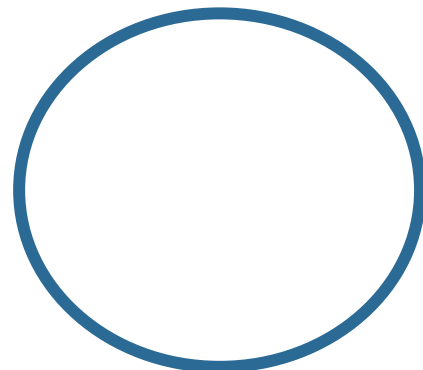


Date Night



**Divorce
Prevention**



Message from Patricia



It's important
to keep the
spark alive in a
relationship.

Hi Everyone, I'm so happy to share innovative ideas, and build a great relationship with all of you.

Being a Separation & Divorce Coach I know how important it is to keep your relationship alive. My "Date Night Booklet" is a great tool to work on your relationship. It will help you build an evening of **excitement and staying connected**.

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.

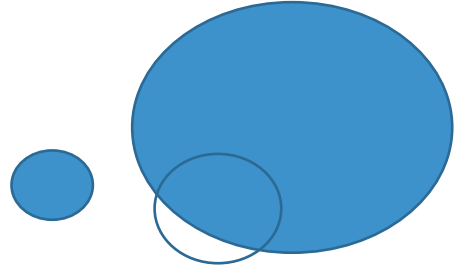
If you are having relationship problems and feeling like giving up. Book a **FREE** consultation and let's chat on rebuilding your marriage.

Keep the spark alive. My services are cheaper than a DIVORCE.



**If you are struggling with personal issues and need personal coaching
Book a FREE consultation**

Guidelines for Couples



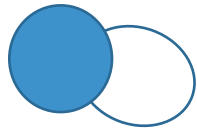
Did you know how important it is to keep your relationship alive? When both partners are actively involved in the relationship it creates a happier home.

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.

- ✓ Each person will create a list of 4 fun activities and 2 nights of intimacy
- ✓ Each person will have a total of 6 events to plan for the year
- ✓ Each month you will alternate who is responsible to plan for the event
- ✓ Each person will place the 6 activities in their own jar
- ✓ Each month 1 of the partners will pick an event from the other persons event jar that person will take full responsibility to plan the event and then each month alternate
- ✓ When planning for your event ensure to add all details (see form below)
Communication is important to avoid any uncertainties
- ✓ The event can be day or evening but must be a minimum of 3 hours
- ✓ Place a calendar on your fridge and schedule the day and add the name of the person who is responsible to make the plans or add it to your phone calendar
- ✓ Ensure to let the other partner know what to expect on the date example if you're planning a hike, you will need proper clothing, shoes, etc.
- ✓ No matter what the other person chooses for their date night you are required to honor and fully commit yourself and engage in the evening

Be sure to be creative and descriptive when planning event. Example: be flirtatious, make it fun, bring sexy back and think out of the box. This exercise will enhance your relationship, keep the spark alive, and bring ongoing fun and intimacy in your day to day life.

Keeping a relationship exciting is an important key to prevent future problems that can lead to divorce.



Event Planning for Adults



Name of Event and Planner: _____

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

Minimum 3 hours

Place & address: _____

Preplanning details and or Items checklist:

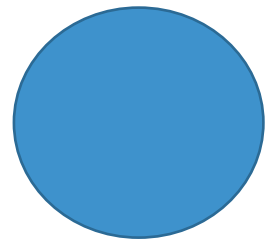
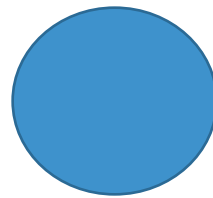
- ✓ Call for Reservations: _____
- ✓ Allotted Money: _____

List items to bring: _____

Additional Notes - Day of the Event:

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.

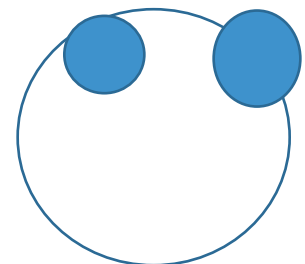
Check out more articles on my website: www.patricia-lavigne.com



List of Ideas for couples

1. Planning a dinner together, get the food items, prepare meal, have candlelight and watch a movie cuddling on the couch.
2. Going for a long walk in the park or a hike
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 projects
6. Searching on the internet (favorite songs, planning a trip etc.)
7. Listening to your favorite songs cuddling on the couch
8. Watching sports at a local pub
9. Play golf or mini golf
10. Plan an intimate evening by doing something out of the norm (having sex on the couch rather than the bedroom, make a romantic dinner, give each other a message or take a bath together)
11. Going out to a spa for a full body message together
12. Go to a dance club

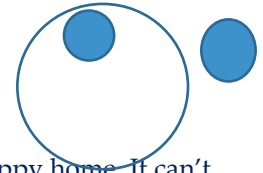
These are just a few ideas to get you started.



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Guidelines for Family Night



Date night can be for the whole family. It is important for parents to create a balance happy home. It can't always be work, school, clean up, do the dishes etc. etc. It's important to be involved with your kids on a regular basis. Years ago, children would go outside and play. But that isn't happening today, internet is changing the future and kids are being affected by it. Parents need to spend more time with them and find creative ways to get them off the computer. You can also create 1 family event and allow your kids to bring a friend. This will allow kids to build social interaction with other kids since they don't play on the street or in the park anymore.

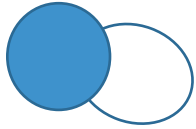
Family date night is a great way to stay connected with your kids. It also offers them education tools to



learn how to manage money, time, accountability and having fun. The same rules apply when it comes to the time committed it must be a minimum of 3 hours, no cell phones for both parents and children. Depending on the age of the children the parents might have to create a play day for the kids with both parents attending the event. As the children get older you can then add more responsibility by allowing them to plan "Family Date Night." Life does get busy and kids are usual involved with sports, hockey etc. which is great, but family time is just as important. Kids need to have down time and bonding as a family.

- ✓ Each child gets to create an activity, depending on the number of children divide it by 12 months in the year
- ✓ Depending on the age of the children they will be responsible to plan for the event themselves or as a group
- ✓ Each child gets a jar and places an event to pick from and then will be rotated
- ✓ 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
- ✓ Give the child the plan out sheet to record each event and start planning
- ✓ They will also be allotted xx amount of \$\$ and will have to be creative on how they spend the money (if they don't spend the money they get to put it in a \$\$ jar and have it for the next month of planning another event)
- ✓ The event can be day, evening, weekend or weekday but must be a minimum of 3 hours
- ✓ Place a calendar on your fridge and schedule the day so everyone can plan to reserve that day accordingly
- ✓ The plan sheet above will have all the information on what to bring example: if the kids plan a picnic you might need proper clothing, shoes, etc.
- ✓ No matter what the other person chooses for their date night you are required to honor and be fully engaged





Event Planning for Kids

Name of Event: _____

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

Minimum 3 hours

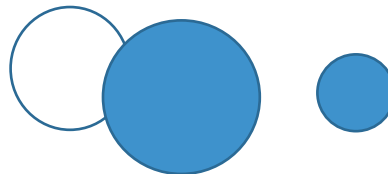
Place: and address:

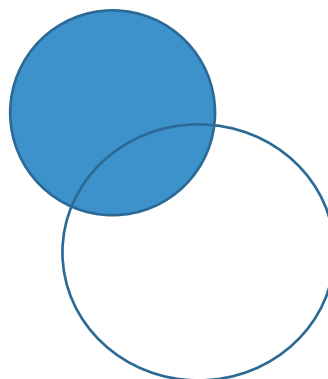
Preplanning details and or Items checklist:

- ✓ Time: _____
- ✓ Allotted Money: _____

Items to bring: _____

Additional Notes - Day of the Event:

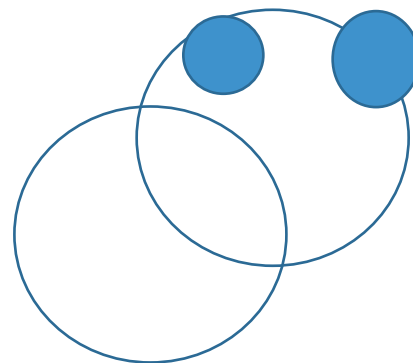




List of Ideas for family time:

1. Planning a dinner together, get the food items, prepare meal, go to the grocery store with the kids and plan a cooking class. Example: making pizza
2. Board games
3. Home project building a bird house
4. Bike riding
5. Creating a photo album online (family pictures)
6. Learning how to cook by making it fun
7. Learning new things on the internet
8. Movie night
9. Mini golf
10. Let the kids teach you how to use the internet

These are just a few ideas to get you started.

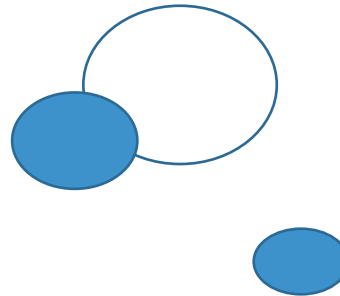


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Founder: 2012

Owner: Patricia Lavigne Life After Divorce



Certifications: Certified Professional Coach, Singles and Relationship Coach, Parent Educator, Certified Event Planner, Develop and Training Specialist

Areas of Expertise: Separation and Divorce Coach, Singles Coach, Relationship Coach, Public Speaking, Event Planner, Program & Development Specialist, Public Speaker, Team Building, Problem Solving and Effective Communication

Personal Background:

Patricia is passionate about helping people work through the **EMOTIONAL TRANSFORMATION** and achieve a happier and healthy lifestyle.

She understands the difficulties that people are facing she knows what it feels like, because she has been through her own struggles of leaving home at a young age, a divorce, raising two kids on her own and more. That is what inspired Patricia to help others to avoid the struggles and share her experience with others.

But Patricia didn't let life struggles stop her. She is a motivated persona who offers a lot of services such as Coaching Clients, presenting courses and workshops, Public Speaking and Train the Trainer. She has heard and seen the painful process that others go through.

Although Patricia Lavigne works out of Mississauga, Ontario, Canada, she is happy to help clients in the surrounding areas or online.

Have a sunshine day.

BIG HUGS



Thank you for your time and energy Patricia. These evenings provide not only a great chance for learning, a chance to meet new people, but also a chance to get away from the things we din in or everyday lives. It not only is fun, but informative, through the information you provide and the thoughts we share together.
Go Girl
Elizabeth

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