@Canyon Ranch Spa Tucson
CONNECTING: **Relationships That Work**
With Rachel Greenwald
<u>AGENDA FOR MARCH 21-26, 2021</u>
(*please note: schedule is subject to change)

Daily:
6:30 a.m. Morning Walks – Meet in Spa Lobby
7-9 a.m. Group Breakfast – Canyon Ranch Grill
11:30 – 2 p.m. – Lunch on Your Own – Canyon Ranch Grill
5:30 – 8 p.m. – Dinner on Your Own – Canyon Ranch Grill (Tues-Fri; Reservations Required)

Sun., 3/21
4-5:30 p.m. –**Welcome Circle & Program Orientation**
5:30 p.m. – Group Dinner (Canyon Ranch Grill-- No Reservation Required)

Mon., 3/22
8 a.m. – **Cardio Strong**

10 a.m. – **Nourishing Your Relationship with Food**
How do you nurture your body and soul? Join our Nutritionist for an interactive discussion on how to approach your body, and how you nourish it.

2 p.m. – **Relationships with Romantic Partners**
Learn practical strategies from relationship expert Rachel Greenwald to communicate and deepen bonds with a current or future partner. How to access curiosity over judgment, why some couples thrive and others don't, the Five-Alive Rule, and the Bifocal Technique.

4:15 p.m. – **Relationships and Sex**
Join expert Nicola Finley, MD, for a lively discussion about ways to enhance sexual satisfaction for women and men– often a forgotten part of overall health. Learn about approaches for sexual well-being in new and long-term relationships.

Tues., 3/23
8 a.m. – **Strong at Home** -- Cardio & Strength

10 a.m. - **Relationship with Your Health**

2 p.m. – **When Grief Enters Your Relationship**
Grief can seriously disrupt a relationship. It can also lead to deeper connection and mutual growth. Explore both the challenges and opportunities that arise in when grief enters your relationship with expert Stephanie Ludwig, Director of Spiritual Wellness.

4:15 p.m. – **Dating and Relationships** *(intended for a singles audience but all are welcome)*

Discover 5 secrets from celebrity matchmaker Rachel Greenwald to help you find the right partner. From a simple two-word sorting technique, to a counter-intuitive method for getting more fixups from your friends, you'll be surprised how dating isn't so complicated after all.

Wed., 3/24
8 a.m. – **Cardio Challenge**

10 a.m. – **Relationship with Self**
Of all the relationships we have in our lives the most fundamental one, the one that dictates all others, is the one we have with ourselves. Join Amy Hawthorne, Director of Life Management to discuss the foundation of the relationship you have with yourself as well as ways to continuously enhance the connection.

2 p.m. – **Managing Your Personal Relationship with Energy**

4:15 p.m. – **Relationships at Work**
Maintaining healthy professional relationships is tricky. Discover why pre-impressions are the new first impressions, how to boost your "L-Factor", how to navigate the warmth-competence matrix, and why "MRI" is crucial to your success. *Workshop led by Rachel Greenwald*

Thurs., 3/25
10 a.m. – **Relationships with Family**

2 p.m. – **Relationships Through a New Lens**
What deeper connection is possible in your relationship? How well do you listen? Have you both made assumptions that need to be revisited? Join Life Enhancement Coach Terry Horton and discover how you can use life coaching skills to create greater ease and joy in your relationships!

4:15 p.m. – Fitness Class

Fri., 3/26
8 a.m. – **Strong & Agile**

10 a.m. – **Relationships as We Age**

2 p.m. – **Creating Authentic Relationships Through a Zoom Window**
Whether you are team-building, pitching a new project, interviewing for a job, dating, or socializing with friends & family, your medium now is probably a computer screen. All the old tools for establishing relationships (curiosity, listening, empathy, body language) are now filtered through an imperfect (yet powerful) video communication platform. How do you adapt? How do you build connections in a world of Zoom? *Workshop led by Rachel Greenwald.*

4:15 p.m. – **Homeward Bound: Where to Begin?**

Sat., 3/27

Departure