



Friday, 12th September

Connection over Perfection

Workshop for Students and Young Professionals on Romantic Relationships

We all long for connection — real, sincere connection. Especially in our (future) romantic relationships. But how does that actually work, in a world overflowing with choices? A world that, at the same time, tells us that true freedom lies in keeping open as many options as possible? Is “the one” a myth, a goal or a choice? What are our expectations and doubts?

In this interactive workshop we dive into the art of loving: with open eyes, realism and hope for genuine romance! We explore how to give direction to lasting love, but also discuss red flags and ... green lights. Practical, open and relatable — with room for questions, reflection and real conversations. Because healthy relationships are not only a matter of luck, but especially of self-reflection, courage and skills.

The workshop is given by Bernadette Pouw (1980), a relationship coach and founder of ‘Stick2gether’, with which she helps couples to invest in more depth, connection and fun in their relationship. Bernadette has been married to Michel for 23 years and is a mother of four children.

Location: Keizersgracht 218B, Amsterdam

Program of the evening:

- Registration: 19.00
- Workshop: 19.30
- Drinks: 21.00

Fee: €15

Please sign up here: <https://forms.gle/dBfzXL2aZmtgEk8W8>

For questions you may contact Danny van Steijn
(personalprojectnl@gmail.com or +31626249128)

Organized by Personal Project (personalproject.nl)