

BE THE CHOOSER

A RELATIONSHIP WORKSHOP FOR WOMEN



Preparing yourself is to prevent repairing yourself.

BE THE CHOOSER: A Relationship Workshop for Women is a new, healthy *Prepare for Love*™ relationship program for women between the ages of 20-54 facilitated by Relationship Coach Ryeal Simms. A licensed and certified singles/couples relationship coach and marriage educator, Ryeal engages women in this dynamic three-hour workshop, which helps women interactively explore empowerment and self-esteem in the context of the relationships they build, the way they perceive themselves and how they envision their futures.

WHY IS **BE THE CHOOSER** NEEDED?

The skyrocketing numbers of domestic abuse in marriages and dating violence notwithstanding, women, now more than ever, need to be reminded and re-educated of their power regarding proactively choosing healthy relationships for their lives.

Because the truth is, when it comes to steering matters of the heart, women – not men – are the first in the driver’s seat. Somehow – between family and friends’ good intentions, male interpreted Bible scriptures, abusive relationships and reality television dating shows - women have been conned into believing that they are powerless when it comes to relationships and that it’s their passive role to do whatever they can to get the man to choose them. When in reality, women are always the choosers.

Before any man can get a number, an e-mail, a dance, a date or a hand in marriage from a woman, she must first make a decision – To say yes or no.

This empowering workshop reinforces women’s self worth and teaches them tools to move from being passive victims in life and love to becoming conscious choosers of healthy relationships.

*Being The Chooser means taking initiative
and responsibility for your outcomes:
You are in charge of creating what you want in life.*

HOW **BE THE CHOOSER** WORKS

This eye-opening, three-hour session includes the following topics:

- **Preparing Yourself to Prevent Repairing Yourself** helps women understand the importance of doing and identify the “self-work” they must do before entering into relationships

- **Know Yourself to Love Yourself First** helps women address their personal baggage, learn how to tap into and respect who they are as individuals and gain a sense of acceptance, confidence and love about her own self-image
- **The Science of Relationships** discusses the scientific reasons why men and women are different, the chemical trappings of being “in love,” and relationship traps to avoid
- **Vision, Requirements, Needs and Wants** helps women consciously lay out their relationship vision plan and determine their requirements, needs and wants for their desired relationships
- **Scouting, Sorting, Screening and Testing** provides women with a conscious dating strategy to find and attract healthy relationships
- **Confidence: The Only Wardrobe That Matters** assists women in creating their “marketing plan” by determining the clothing style and colors they are most comfortable in order to feel their personal best
- **Be the Chooser, Not the Chosen** helps women shed the victim mentality and use the Law of Attraction and relationship tools to take initiative and responsibility for creating the relationships they want in life

If you are interested in Relationship Coach Ryeal facilitating **BE THE CHOOSER: A Relationship Workshop for Women** – an empowering program from his *Prepare for Love*™ Workshop Series – for your organization or conference, call Monice Simms, the Director of Business Development at 323.571.3808.