

# The Dating Journey

## from the inside out

### Dating Again?

Tired of the games...want to date on YOUR terms?

Does the mere thought of dating make you cringe?

**You're not alone!**

Relationship Coaches Amy Brassert and Tina Chappell bring you

**The Dating Journey from the inside out**, a workshop designed to help you:

- get in touch with what's important to you
- get clear about why you're dating
- examine your dating patterns
- create self-awareness
- create community
- get out of your own way

Fee: \$200 +GST (save 10% each when you register with a friend)



**For more details and to register please call  
RQ Life at 416-486-8246 ext. "0"  
or e-mail [info@RQLife.com](mailto:info@RQLife.com)**

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"

The Dating Journey  
416-486-8246 ext. "0"