

Manage the *stress of* Wedding Planning

We don't have to tell you that this is a thrilling but sometimes frustrating and maddening time in your life. You face a bewildering number of decisions and a set of confusing, complex, and sometimes conflicting relationships with people close to you, and perhaps between the two of you as a couple.

Standard advice for couples is often simplistic: **It's your day, so do what you want**, or **Just tell people what you expect from them**.

If it were all that simple, there would not be so much stress!

Who:

What:

Where:

When:



We will help you plan a wedding that fits your needs and values, and one that is sensitive to the needs and values of everyone who is part of your wedding.

Join other First Dance couples who tell us going through the program reduced stress in the months leading up to their wedding, gave them a good perspective on the wedding as it relates to their values, and more wisdom to carry over to their marriage.

“

This starts as a framework to talk as a couple. Things you never think about.”



THE FIRST DANCE
MANAGING THE PEOPLE STRESS OF WEDDING PLANNING

Find more at www.TheFirstDance.com
www.WeddingStressCoaching.com

