

Self-Empowerment, Especially for Singles



Cultural messages suggest that we'll be happier, healthier, and wealthier if only we could find that "special someone." These messages lead us to downplay the importance of our other relationships. Putting all of our energy into one relationship can leave that relationship strained by overly high expectations. It can also leave us rather lonely and isolated, especially if this coupled relationship ends. And it can leave us feeling like second-class citizens if we remain single.

This workshop is designed to empower people, especially singles, to look beyond pervasive cultural messages that tell us that the only way to complete our happiness is through a romantic coupled relationship. It helps us learn to enrich our lives through increasing our awareness of the cultural messages and how to diffuse their impact on us.

In this 2-hour workshop, we will:

- Take a closer look at the cultural messages around coupling and singlehood,
- Learn about two newly researched stereotypes: Singlism and couplemania, and
- Practice powerful tools to counteract those stereotypes by separating our needs from our strategies.

You will leave this workshop with:

- Renewed confidence to choose to be single for as short or long as you want to be,
- The ability to diffuse cultural messages that contributed to distress, and
- Start to heal the impact limiting cultural norms have on your life.

Rachel A. Buddeberg empowers people to create relationships as unique as they are. She provides tools that bring intentionality to relationships and counteract cultural norms and past patterns that might get in the way of fulfilling connections. As a relationship coach, she offers one-on-one coaching and workshops to guide participants through an iterative design process. This allows them to build sustainability and fun into their relationships, no matter what their level of intimacy. She combines training in permaculture, compassionate communication (NVC), philosophy, social psychology, and interpersonal neurobiology into skillful guidance to support change. Everything she teaches is grounded in science and was first implemented into her own life, so her methods are well tested in the real world. To find out more about her work, please check out her website at www.yourlifeisagarden.com.

