



The Echelon Way Love Academy - Silver Class Content

Below is a list of class topics and descriptions discussed during the rolling 12 week The Echelon Way Love Academy program.

- **“Self Work and Boundaries”** - For the protection of your heart we examine the practice of self work and its benefits of protecting your heart and mind from those who may eagerly encourage the crossing of your personal boundaries.
- **“His Needs vs Her Needs”** - What a man seeks and desires for his satisfaction is considerably different from that which satisfies a woman. (And no I’m not talking about sex here ladies.) Learn how to bring him satisfaction on a level that likely goes beyond his imagination.
- **“Patterns -- Love Addiction Vs Avoidance”** - We’ll examine the science of adult attachment and how you can find and keep love despite our personal attachment style. We will learn about the implications of how the Anxious, Avoidant and Secure attachment styles affect our quest for love.
- **“What is Love?”** - The many carefree ways the word ‘LOVE’ is used often makes it difficult to discern the type of love one seeks. In our culture we can love pizza, love our dog, love the way a hot guy looks and have love for a husband of 10+ years. What is the difference in these expressions of love and how does it matter? How do you define a relationship when a couple has two different definitions of love? And what is the language we can use to make these distinctions more clear.
- **“Dating Practicalities, How to Date”** - We’ll discuss best dating practices that inspire fun, connection, and the ability to distinguish the character and quality of your dates; practices that keep you safe and protect you from getting sidelined in your quest to find your soulmate; practices that help you to date with an emotional sobriety free from a place of scarcity and negativity, love addiction, neediness, codependency or anxious attachment.
- **“Feminine Energy & Receiving”** - Successful independent women have likely adapted to a male dominated work environment causing them to lose touch with some of the feminine qualities that guys seek. We will discuss how to channel greater feminine energy that is not only attractive but also positions you to receive as opposed to being on the giving end of the relationship.