



Discover Your "Couple Power"

with Robert Benninga and Ingeborg Weser
www.CouplePower.nl

Meet **Robert Benninga** and **Ingeborg Weser**, members of YPO Gold Amsterdam. Like all people, they have had a challenging journey on the rollercoaster of life. After Robert tragically lost his first wife, Mary, from cancer five years ago, and Ingeborg decided to end her marriage of 24 years in 2007, a divine intervention brought them together. Robert had a successful corporate career with five companies worldwide and, since the 1990s, has been a successful executive coach. His expertise blended beautifully with Ingeborg's 30 years of experience as a psychologist and relationship expert—and their company, CouplePower, was born! They now travel the world leading master classes, workshops, and forum and couple retreats. They deliver proven tools for better mutual understanding and stronger relationship bonds.

Power, bottom-line results, influence, status and optimal control: we have all been there, done that! One frontier we strive to navigate time and again is a wonderful, adventurous and magical *love relationship*—with closeness, romance and total peace of mind. Here are some insights on how to traverse this mysterious frontier.

If You Get This... You Got It!

Keeping a strong emotional bond is crucial for any relationship. The quality of the bond shows in how we communicate—in good times and in times of disagreements or conflict.

We invite you to look at your personal communication style like a **three-stage rocket**:

1. Daily Behavior ⇒ **2. Inner Feelings** ⇒ **3. Deeper Needs.**

Get this and you will be in a safe and sound orbit of life.



Learn more from Robert and Ingeborg during the **CEO Dalmatian Coast: An Adriatic Sea Adventure** from 28 July – 8 August 2018 chaired by Nanette Noland and Dub Noel and Joe and Maureen Kaiser.

1. Daily Behavior

As in all relationships you will experience misunderstandings and annoyances between you and your partner. Your connection gets weaker temporarily and that leads to quarrels and fights or to distance and silence as the "loudest sound in the house." When this happens, two typical reaction patterns occur: You react as a "pursuer" (criticizing, blaming, telling what the partner is doing wrong, etc.) or as a "withdrawer" (reacting very rational, avoiding contact by leaving or shutting down emotionally). A typical pattern is that one partner (often the woman) pursues and the other withdraws (typically the man). Do you recognize this behavior? The result is an even weaker bond and a painful experience for both of you! What the pursuer really wants is to reconnect, however, he/she does this in a rather aggressive way. The withdrawer actually wants to keep the relationship in calm waters, but, by doing so, pulls back and makes the pursuer go after him/her even more.



2. Inner Feelings



What we often overlook is that our behavior comes with more vulnerable inner feelings. For example: When you get angry because your partner is "never home," you possibly feel left alone, not appreciated or not good enough. To be aware of these more vulnerable feelings and show them to your partner is often quite a challenge! If you do, a very different and more open conversation may take place.

3. Deeper Needs

These inner feelings are always connected to deeper needs. To express and satisfy those needs is what makes relationships meaningful. Our basic needs can be found in these **three S's**:

- ♦ The need to be **SEEN** ♦ The need to feel **SUPPORTED**
- ♦ The need to feel **SAFE and SECURE.**

When both partners manage to express their needs freely (not always easy to do!), and they are willing to respond to each other with respect and appreciation, loving feelings appear almost automatically. When the basic needs are met, the connection between partners gets strong again. And this makes us feel happier, more confident and more relaxed. Statistically, it will even help us to live longer and healthier lives.



ATTUNE in Order to Stay Strong

Going beyond your defensive behavior, tuning into your inner feelings and with your three S's in mind, we invite you to fully **ATTUNE** to each other: Giving full **Attention**, **Turning Towards** him/her, showing that you **Understand**, Listen **Nondefensively** and **Empathize**.