

## How to truly say 'sorry': The Power of Forgiveness

*with Robert Benninga & Ingeborg Weser (YPO Gold Amsterdam)*

In all relationships, with our partner, family, friends and others, we do make mistakes. We do things that we certainly regret afterwards. Yes, we will hurt those we love. And our loved ones will hurt us. That's Life!

What matters is how we deal with this. Being able to express being sorry and to enter a process of forgiveness together is a crucial way to restore closeness and strengthen the connection with each other.

The truth is though, we all sometimes lack the skills and readiness to forgive in a real and compassionate way towards our dear ones and often also towards ourselves.

**Take Home Values** of this keynote/workshop:

- Acquire the ingredients of effective apologies and granting forgiveness.
- Understand the behavior, emotions and deeper needs of yourself and of your partner much better.
- Experience openness and vulnerability as our biggest strength, with tangible results igniting happiness and harmony for all of us.

**Robert Benninga** and **Ingeborg Weser** are an international couple and the creators of the successful Triple S Method. They travel around the world to share their expertise in order to fortify couple relationships. Come and benefit from the combination of Robert's solid executive coaching and business background and Ingeborg's profound experience as a psychologist, couple therapist and relationship expert.



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