

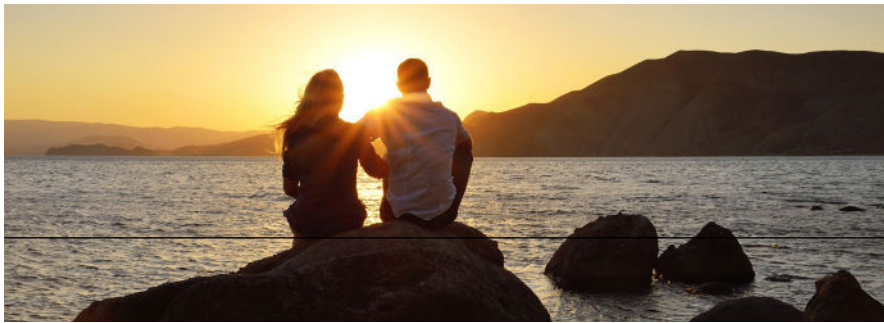
# The Art of Creating More Loving & Fulfilling Relationships

with Life Coach & CFF, Nina Urman

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While relationships are the heart and soul of our lives, they can also present us with our greatest challenges.

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Being in a loving relationship is one of life's most wonderful gifts. And it doesn't just "happen" to a lucky few. Being in a committed, conscious relationship is a choice we make every day.

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There are specific concepts, tools and skill sets that foster and maintain love, trust & intimacy and nurture our relationships over time.

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In this forum-style session we are going to explore and share on how we can create rewarding relationships around us, overcome challenges and gain more fulfillment from our everyday interactions.

When we discover that emotions really aren't that big of a deal—they are just vibrations in our body—and we truly know that the reason we are afraid of something is because of how we think it will make us feel, our entire life can change!

#### **You will discover & learn:**

- The true purpose of relationships
  - Ways you can use challenges in your relationships to facilitate your own growth
  - How to enhance levels of intimacy and connection
  - How to set boundaries from a loving place
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*“My work is grounded and rational, as well as spiritual and transformative. I seek to guide you towards your inner wholeness and am committed to helping you create a conscious and fulfilled life on ALL levels!”*

*Nina Urman*

A Certified Professional Life Coach with a master's degree in Finance & International Relations from Sciences Po (Paris) & MGIMO (Moscow), Nina has spent more than a decade honing her craft as a coach & facilitator, working with top-tier executives, CEOs, leadership teams and board members.

Nina is also a Russian-German former professional tennis player and is based in Paris where she lives with her husband and their 7 children.

She has worked across over 30 countries and with more than 2000 individuals, with one clear aim: to raise the level of awareness and holistically elevate their life experience.

Nina's work includes facilitating Executive Retreats, Forums, Supercharges and Deep Dives that help to enhance personal development in community settings.