

PARTNER INVITATION *toolkit*

Part 1: Remember Love

- Before you speak to your partner, here's what to remember:
- Your goal isn't to convince, fix, or sell. It's to invite.
- The person you're speaking to is not the enemy.
- The reason you are bringing this up is to make things better.
- Lead with your own experience — how you feel and what you want.
- Keep the tone open, grounded, and emotionally safe.
- Speak from curiosity, not frustration or urgency.
- This isn't about pointing out what's wrong — it's about creating a new opportunity for growth, together.

YOUR THOUGHTS:



Part 2: The Parts

1

Start with your truth -
calm, personal, and
without pressure.
Affirm their safety &
autonomy.

2

Make the request
about shared growth.

3

Create a gentle close,
not pressure.
Remember, to receive
what you can and let
go of what you didn't.

REMINDERS:

- Appreciate the response and let go of anything you didn't receive.
- There are many reasons a partner may not be interested in joining this bootcamp. If your partner doesn't want to attend, it DOES NOT mean they don't love you or want a better relationship. It just means it doesn't feel right for them right now.
- You can take the first step to lead the change in your relationship, regardless of their answer.

Scripts

START WITH YOUR TRUTH - CALM, PERSONAL AND WITHOUT PRESSURE.

"There's something that's been on my heart, and I want to share it with you – not because I think something's wrong with us, but because I care deeply about us."

"I found a two-day relationship reset experience that really resonated with me. It's not therapy – it's a weekend designed to help couples reconnect, rebuild emotional safety, and stop looping in the same arguments or patterns."

"It's created by the author of Us (Terry Real), and it's facilitated by a certified coach who specializes in real-time transformation – not just talking about problems, but shifting how we show up."

Affirm their safety and autonomy:

"I want you to know, this isn't about blaming or fixing anything. It's about learning new tools that we weren't taught – tools that can help both of us feel more connected, seen, and supported."

MAKE IT ABOUT SHARED GROWTH

"I know we both want this to feel better. And I'd love to do this with you – not because I think we're broken, but because I know we can be even stronger."

CREATE A GENTLE CLOSE - NOT PRESSURE


"I'm planning to attend either way because I really believe in what it offers. But it would mean a lot to me to do it together – if you feel open to it, I'd love to send you the info."

Make it Yours

- Use the script above to write your own script. It's going to be most powerful with your own experiences and words.

OPTIONAL TEXT VERSION

Hey love – I came across something that really spoke to me: a 2-day virtual bootcamp designed to help couples like us rebuild connection, shift communication patterns, and strengthen our foundation. It's not therapy. It's experiential, real-time, and rooted in the kind of tools we've never really had access to before. I'd love to do it with you. Want to take a look? www.valkolick.com/bootcamp



everyone else gives you the
tools...we teach you WHY
you don't use them in the
first place

The 2-Day Relationship Bootcamp



The Marriage Reset Weekend Bootcamp is a powerful, two-day virtual experience designed to help couples stop repeating the same painful patterns and start building real connection again.

ENROLL NOW

Grounded in the Relational Life Therapy (RLT) framework created by best-selling author Terry Real, this immersive weekend is not therapy — it's real-time transformation.

Whether you've been fighting, drifting apart, or just feeling disconnected, this weekend will give you the tools, language, and support to create real emotional safety, deepen your intimacy, and reset the way you show up for each other.

Led by Valerie Kolick, Master Certified RLT Coach, this experience is about doing the work together — from a place of honesty, courage, and care.

Today is the beginning of the rest of your life.

www.valkolick.com/bootcamp



Bootcamp Testimonials

"I began the process to heal my inner child and brought closure to the past in a way that allowed me to stand firm as the woman I am today."

- Janorah

This workshop helped me learn more about myself regarding relationships and what may be needed to become the best versions of themselves while in a relationship."

-Britani H., MSW

"I had no idea what to expect and honestly was attending for my wife. I'm leaving knowing not just myself but my partner better. I really appreciate the communication skills we have learned and cannot wait to implement in our lives."

Thank-you!

Thank you for taking the time to explore this with an open heart.

I know how hard it can be to talk about what isn't working — and how much courage it takes to imagine something better. Whether you're reading this with your partner in mind or taking the first step on your own, I want you to know this: the fact that you're here means you're already showing up for change.

I'm not here to fix you or your relationship. I'm here to guide you into the tools, language, and truth that can shift how you connect — with your partner, and with yourself.

You deserve a relationship that feels safe, honest, and deeply connected. And it would be an honor to support you in getting there.



with love,

Valerie Kolick, MA

Master Certified Relational Life
Therapy Coach

www.valkolick.com