



The Marriage Forum, Inc.

Welcome to Heartspace[®] Solutions Coaching including The Heartspace[®] System!

*Peace isn't going to find us; we must find peace and that is the
Mission of The Marriage Forum, Inc.*

Many of these tools and skills have been perfected by Susan Allan since the 1970's. Selection and prioritization of training choices are dependent on your individual goals and existing skills that we discuss during your complimentary 1 hr. telephone coaching session. As we continue to work together your new abilities replace the previous challenges you had and solutions appear. For situations you have been putting up with and trying to change for a very long time, your breakthroughs may seem like miracles. Please contact me for a demonstration of the Heartspace © System and Heartspace © Solutions

Each of us begins learning with a different brain; with varying skills; and with dissimilar levels of motivation. Your speed in mastering all these tools is your own "thumbprint" based on numerous factors because as humans we share neural plasticity, the ability to change our brain, until our last breath. How you develop your life and how you develop your brain is based on inherited neural pathways and brain chemistry; traditional and transformational education; levels of commitment; practice; and quality of support.

Heartspace[©] Solutions

A healing matrix including The Heartspace[©] System, Lifelines 101[©], & Whole-brain Thinking[™]

Heartspace[©] Systems Benefits

1. Create the joy and peace that is your human birth-right
2. Generate discussions; transform arguments into conversations
3. Create cooperation; eliminate the options of coercion and capitulation
4. Motivate and inspire anyone to meet more of your needs
5. Motivate and inspire your family to include your needs when making decisions

Heartspace[©] Systems Components

Testimonials

Goal-reaching Skills[©]

- *Learn the basic language of creating a Goal, using Goal-reaching[©]*
- *Write your own Goals with careful utilization of best language*
- *Maintain emotional consistency with Self-empathy or The 4 Questions*
- *Stick with your Goals regularly until fruition*
- *Reach Goals that you have set*
- *Reach Goals that you have set within the timing you set*

The 6 Part Conversation[©]

- ***Memorizing the 6 Parts***
- ***Understanding how to motivate and inspire someone to engage in The 6 Part***
- ***Mastering Self-empathy***
- ***Mastering Empathy***
- ***Mastering Self-expression***
- ***Mastering Reflection***
- ***Mastering Clarification***
- ***Mastering Solution***

Prodating[©]

- ***Set your Goals using Goal-reaching Skills***[©]
- ***Examine and interpret online profiles using Herrmann Brain Dominance***[™] ***and the Needs List***
- ***Create your own profile using Needs List and speaking your own HBDI***[®] ***“languages” as well as those “languages” of your preferred dates/partner***
- ***Send and receive emails with preferred successful outcomes***
- ***Meet your preferred dates/partner***
- ***Successfully generate the relationship of your dreams***
- ***Be engaged, living together, married, and/or parenting as per your Goals***

Marital Mediation[©]

- *Resolve all partner conflicts using unique mediation skills*
- *Use a Healing Matrix of thinking, listening, speaking, & action providing 100% reconciliation when just 1 partner is trained*
- *Learn The 6 Part Conversation[©] Motivating and Inspiring cooperation*
- *Use hidden earphones and Cyrano System[©] with evolved scripts*
- *Hit each of the Plateaus of Peace[©]*
- *Observe 4 ½ Minutes to Peace[©] promoting consistent focus and end results*
- *Be fluent in Whole-brain Thinking[™] speaking all 4 “human languages”*

Whole Brain Thinking[™] based on Herrmann Brain Dominance[™]

- *Understanding the 4 quadrants*
- *Memorizing attributes of each quadrant*
- *Understanding the reaction to triggers for each quadrant*
- *Recognizing each quadrant in your own thinking and speaking/writing of others*
- *Mastering the 4 languages of Whole Brain[®] Thinking in writing*
- *Mastering the 4 languages of Whole Brain[®] Thinking in calm conversation*
- *Mastering the 4 languages of Whole Brain[®] thinking during real-life triggers*

Heartspace[©] Solution for Sobriety

Create lifelong sobriety, success, and peace within families by training 1 committed family member

- *100% successful*
- *Create miracles by doing 100% of what works and 0% of what does not*
- *Empathy shifts results even for a loved one who “flunked out of rehab” again and again*
- *Add cutting edge medical/ holistic expertise*
- *Transform “Emotions, the Invisible Addiction” with Self-empathy*

Most people never reach their goals; is it because they don't want to or because they are unclear about the process of creating and reaching goals?

- 1. Clarity of goals: Are you clear about your destination? If not, how may you reach it?**
- 2. Communication Skills: Are you living on an emotional roller coaster much of the time? When you consider your life; are you thinking about your future in a positive and a negative way, unaware of the effect of your thoughts on your actions?**
- 3. Action skills: Are you moving the action forward or backwards; are you clearly requesting what you need? Do your actions produce the results that you seek? Do you repeat strategies that have been unsuccessful in the past, expecting the results to be different now?**

4. Consistency: Do you focus on the same goal every day or do you vacillate? Can you maintain inner peace except for “vacations of pain” of less than 5 minutes at a time? Do all your actions point to reaching your goal or do you often feel confused?

5. Momentum: Either you increase the velocity with which you approach your goal or you are not; which is most true for you?

6. Resolve: Do you give up before you arrive at your goal? Do you have faith in your abilities and know how to attract the support you need? Do you keep moving or do you check out? Do you criticize yourself for taking the safer route?

7. Destinations: Do you feel torn about your goals after you create them? Do you attempt to educate yourself by pointing out your failings or do you consider every attempt at a goal as courageous?

Adding more tools and skills every year!

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**Selected Client Testimonials for
America's Leading Marriage & Divorce Coach;
Life Coach & Mediator, Susan Allan**

"I am going to FIND time for more sessions. I've stopped therapy because you were far more helpful!" Bryn Freedman, Executive Producer, GRB Productions, for *Intervention*, A & E Reality Series.

Jim Aldinger; former Mayor of Manhattan Beach, CA and Chief of Staff at Boeing Aircraft
"Susan was a big help in getting me to focus on what I really wanted in a relationship. She was motivating and positive."

Service Category: Personal Coach

Year first hired: 2006

Top Qualities: Expert, High Integrity, Creative

"We've been with you for 2 years in your workshops twice a month. For 30 years; when I was 33 y old, I started on the road to self-discovery and in that time I've had teachers like Tony Robbins, Deepak Chopra and Wayne Dyer; you name them, and it wasn't until the past 2 years when I see Susan working with people and using her Heartspace system and using Herrmann Brain Dominance. I have not encountered a better stronger more dedicated, peaceful teacher in my entire life. The beauty of what Susan does is she only needs one person to do it. With one person I have seen her turn around relationships; I guess everything comes down to relationships, whether you're having a problem with a spouse, with a child, with yourself. I'm always overwhelmed how she dedicates her self and how relentlessly she seeks a solution. And it's such an honor to be here with you today and this is the best part; we're only at the start!" Richard J. Dolwig, Jr. Family Law Judge pro-tem (Ret.), Cert. Family Law Specialist (Ret.) Attorney; Mediator and Arbitrator during *Magical Marriage* video with wife, Linda Dolwig, Santa Barbara, CA

We have received trainings and coaching from Susan Allan for a number of years and have found her Heartspace System© of Communication to be an incredible benefit as we continue to develop our companies and the contribution we make to all our clients. With her Whole-brained™ approach, we have adjusted every area of our business from hiring, management, and the results are apparent in our bottom line. Thank you, Susan, for your commitment to us and to Health Action, Inc and Circle of Life Wellness Coaching. We are also excited that Susan has begun offering a series of Teleseminars to our Wellness Coaches, too. Dr. Roger Jahnke is founder and CEO of Health Action Inc.; he the co-founder of the National Qigong Assoc and is the founder and director of training of the Integral Institute of Tai Chi and Qigong and has been a Teacher/Trainer of Qigong at The Omega Institute, Esalen, Kripalu since 1993. He is the Keynote Speaker for the 2009 National Institute of Health Conference. Rebecca McLean is the founder and director of training of Mind - Body Wellness Coach Training; she is the co-founder and President of the Healer

Within Foundation and Rebecca has also been a regular Trainer of Wellness Coaches at the National Wellness Institute, The Omega Institute, Esalen, Kripalu since 2000.

“I AM SOO EXCITED to be reconnecting with you Susan!!!! You are the ONLY person that ever provided me with so much insight and knowledge about myself..... :)” SH, Tampa, FL

“In my 27 years as a Family Law Litigator and Judge Pro-tem and in my 10 years as a Family Law Mediator since then, I have never experienced such a dramatic positive turnaround in a client in such a short period of time. It not only makes my work easier, but it makes it actually enjoyable. At the first mediation session with her husband, she was a victim, distraught, angry, blaming, tearful, into here drama, focused on the past and fearful for her future. In the second mediation session she was peaceful, focused on the present, with clarity about who and where she was, where she wanted to go and how she was going to get there. In between sessions she was able to communicate with her husband in a way that brought him to tears. What happened between sessions? - - she followed up on my suggestion that she contact Susan Allan and it made all the difference. Thank you so much.”
Richard J. Dolwig, Jr. Family Law Judge pro-tem (Ret.), Cert. Family Law Specialist (Ret.)
Attorney and Counselor at Law Mediator and Arbitrator based in Santa Barbara, CA

“I would like you to know how much I appreciate you, love you, and am grateful for the wonderful work that we have done over the past couple of months. I have seen shifts & movement in many areas of my life that had been stagnant for some time Thank you again for everything, so far & I look so forward to resuming our sessions together, (assuming that you are available still), soon!”
GG Los Angeles, CA

“I've been thrilled with the coaching I've gotten from Susan Allan, as well as with the unusually effective tools she has given me to share with clients and colleagues. Susan's unique combination of interpersonal and communication models have supported me through many challenging issues in both my personal and professional life. It has been delightful to find that she has ploughed the road the before me! I have felt a deep connection with Susan since the moment we met and our connection continues to be a rare meeting of heart, mind, and spirit.” Lisa-Marie DiVincent, Therapist and Counseling Trainer since 1983, Oregon.

“You are a Miracle Worker” Lucille Fuesz, Haxtun CO, after successful family mediation

“Susan eliminates barriers, traveling the way of spirit and heart. She allows people to enter that area, and say ‘Yes’ instead of ‘No’. Susan Allan is the wings people glide on as she brings them through these difficult times seeing through the clear eye of the eagle. She respects their path and their history so that they go forward without their burdens.” Charles R. Quintero, Peacemaker to the Navajo Nations, California certified mediator and arbitrator

“I just got back from a trip and D and I carpoled together (another Goal-reaching miracle!). In answer to your questions regarding the relationship conversation we had, there were some times that I did empathize, and some opportunities missed. I had recognized those opportunities, and you have definitely confirmed the opportunities missed. I'm excited to be able to be more present next time, and it's helpful to look at your questions and remind myself of all the opportunities to empathize in that conversation, and future conversations. I'm excited also because I notice that I am able to be more empathetic in my conversations with everyone. I am definitely, step by step, reaching that goal! May I also say that I definitely recognize that these things that are happening are being created by my Goal-reaching techniques and focus. I am constantly amazed and grateful to see the way all of these things fall into place. On our way home, we went hiking by ourselves and enjoyed that, and HE gave ME a hug when he left! Again, I'm so amazed at how this stuff just falls into place because of the goal reaching work we're doing together! Thank you so much for your support and assistance!!!
Susan N. Phoenix, AZ

“Thanks; I talked to her late last night, and it actually went very well. Both were able to clear the air and say things that we needed to say. Then we were able to move on, talk about what we have both been doing the past month for fun. It went better than I could have expected. It was weird when finished we had such a better understanding, and know each other better than we ever have. This is the best things have been since we were both first married; thanks again for everything.” JA Los Angeles, CA

“Susan, this really worked! Thank you! My Mom and Dad got along all weekend” SF 7 year old, San Fernando Valley, CA

“Since I began my work with Susan Allan about 6 months ago and have learned her Goal-reaching Skills© I have closed a \$20,000,000 deal and a \$6,400,000 deal and now have been offered a \$17,000,000 opportunity. This really works and when I use these new skills, it's so easy!” D.A., Bank of America, Northern California

March 2010 “Hi Susan, I just wanted to let you know that I had a very successful and harmonious meeting with J-- today! We came to an agreement about my name being first. In the 3 years that we have been working together, this was the best and most productive meeting we have ever had. She said that she didn't want to seem condescending, but that she was really proud of the work I am doing and how focused I am. I feel so empowered by the work we have been doing; so many shifts in such a short period of time. Yay! Thank you. Have a great weekend and I'll speak with you on Monday. Xo JP Los Angeles, CA

March 2010 “Dear Susan, I thought you were brutally and helpfully honest with me, and totally amazing. Thank you so much for the session - I really value and appreciate your wisdom and tough love. And, I'd like to hear more of your work to get a deeper understanding of the logic you use in your thinking and when communicating. I believe you said you do a TV and radio show - did you send me info on those, or would you please? Thank you! Warmly, and in gratitude,” L K Lompoc, CA

“Being president of a small but ever growing business has proven challenging over the years. I am a creative type, and therefore not always able (or willing...shhhhh!) to focus on business issues that take me away from being my creative self, which is a heck of a lot more fun and inspiring. Wearing the hat of human resources, sales executive, manager, financial planner and then shrink to my growing number of employees was, and is daunting. Running in place became habit, and communication suffered, both with staff, and ultimately even with clients. Then I met Susan Allan: focus; amazing focus. Not only did Susan make a commitment to talk through issues with me, but also with my staff. What I gained has been invaluable. Confronted with a challenge or an obstacle, my first stop is Susan. ‘Here’s the situation’ leads to dialogue that gains me insight, offers me possible solutions, allows me to try out communication styles until I can establish a clear path that leads to non-confrontational conversations with end goals being met in a win/win outcome for all parties involved. Susan is direct, motivating, clear...but more than that, she cares. Every conversation has been supportive. Do I always hear what I want to hear? No. But what I do hear is truth presented to me intelligently and respectfully. I have gained much. My employees have gained much. My business is in a much better place after meeting and working with Susan. Andrea Michaels CEO Extraordinary Events www.extraordinaryevents.net

For many more of our testimonials from all divisions of The Marriage Forum, Inc.: The Divorce Forum, The Marriage Forum, The Peace Forum, & The Sales Forum please email susanallan@thedivorceforum.com