



FROM CONFLICT TO CONNECTION

GROUP COACHING PROGRAM

Turning the patterns of conflict into deeper opportunities for love & connection





Welcome!



I am genuinely honoured you are here. Whether you're coming into this program as an individual or as a couple, or simply an observer; one thing is clear: some part of you is ready to stop repeating the same cycles, and start building something healthier, safer and more connected. Because deep down, you don't just want to "win" arguments... you want to feel like you're on the same team again.

This program is designed to help you break your patterns of conflict, learn how to repair after rupture and communicate in a way that deepens connection. This isn't about being the "perfect partner" or never arguing again, it's about learning what's actually happening underneath the conflict, staying grounded when it matters most, and creating a relationship where both feel seen, heard and emotionally safe.



This is for you if you're tired of emotional distance and ready to make long lasting change in your relationships.

With love,

Matt Wickens



PROGRAM OUTCOMES

Break Conflict Cycles



In this program you'll learn how to:

- Step out of the recurring cycle
- Stop reacting from autopilot
- Respond with clarity, self-leadership & intention.

Improve Rupture & Repair



In this program you'll learn how to:

- How to repair after rupture in a way that rebuilds trust
- Learn how to restore emotional safety
- Create a deeper sense of being a "team" again



Connected Communication



In this program you'll learn how to:

- Clarity on your emotional needs and how to communicate them
- Tools to express boundaries without guilt, aggression or withdrawal
- Increased emotional intelligence so you can stay grounded, open and connected under stress





PROGRAM STRUCTURE

Weekly online sessions

Week 1: Creating Space for the Pattern

Week 2: Rupture & Repair

Week 3: Identifying Your Needs

Week 4: Embracing All of You

Week 5: Communication Mastery

Week 6: Upgrading Your Emotional Intelligence

Access to Private Facebook Group

Gain access to a community of likeminded individuals with ongoing support, accountability and real-time connection with people on the same journey.

Access to all of the Recordings

Rewatch at any time so you never miss a breakthrough (even if life gets busy!).



PROGRAM BONUSES For the Pioneers

**Personal “Laser Coaching”
Valued at \$6,500**



Get personalised guidance from me throughout the entire program so you stay clear, accountable and moving forward fast.

**Free MDPT Profiling Tool &
Unpack Valued at \$750**



Understand your unique wiring, triggers, and thinking style so you can work with yourself, not against it.

**Lifetime access to all future
Webinars & Workshops
Valued at \$997**



Keep growing long after the program ends with ongoing education, tools, and support for the long game.

**x1 90 Minute Breakthrough Session
Valued at \$1,997**



A personalised deep dive session to tackle your biggest challenge and walk away with a clear plan and immediate relief.



SUCCESS STORIES



"I started working with Matt in early 2024, at a time when I was grappling with *emotional regulation, burnout cycles, and the overwhelming challenge of balancing family life, running a business and caring for my own mental and physical health.*"

"I was stuck in *negative feedback loops, with poor communication and unclear boundaries* across all areas of my life. Matt was able to help me **distinguish between my internal and external resources**, and from there I built a more **sustainable and empowered way of living.**"

"The **ripple effect** from me doing this work has been massive. My 12 year old son now calls to share his morning gratitudes and faces challenges with courage, all of which I was able to pass down to him from Matt's teachings. So, if you've been struggling, give Matt a call. It's genuinely changed my life."

Sheldon M, QLD, Australia



"Regardless of why you are in need of this service, Matt is my number 1 go to and I would recommend him to anyone who knows they are not where they want to be. This is part of my life now. I am *stronger, more able and much happier* than the day we first started.

"I have *learned so much about myself* already from diving deep into the psychology of how events can impact my thinking, and have been able to **successfully implement vital changes** to my day that have strengthened my *self image, ability to work more effectively and maintain the important relationships* with those around me."

Dan B, VIC, Australia



"Matt is great. He has incredible skill at holding space for exploration and helps with the guidance that is needed for each situation I bring to the table. In our sessions, I was blown away by how subtly the beliefs I held had impacted my life.

Matt helped me trace to deeper levels of my experience that I had never considered before. Matt has a kind heart and wisdom far beyond his years."

Arwyn R, VIC, Australia



WHATS INCLUDED

Summary:

What's Included	VALUE	TOTAL PRICE
X6 Coaching sessions Group Coaching	\$4,500	TOTAL PRICE: \$17,335
Access to Private FB Group	\$997	
PIONEERS Personal "laser coaching" up to 6 sessions	\$6,500	
Access to all of the recordings	\$997	
Workbooks + Tools & Templates	\$597	
BONUS:		
Free Meta Dynamics Profiling Tool + unpack	\$750	
Pioneers receive lifetime access to all webinars	\$997	
x1 90 min breakthrough session	\$1,997	
YOUR PRICE: (PIONEERS) \$3,500		

Scan the QR Code to begin your journey from Conflict to Connection

