

MEMO TO: Women Moving Forward Graduates

MEMO FROM: Susan Van Vleet

DATE: October 13, 2003

RE: Marriage Can Be Healthy For Women

I've been waiting for a long time for this study. My own personal experience in my marriage served to go against the grain of the prior research that said women were healthier if they were single and men were healthier if they were married.

"Women maintain a larger support network. They are able to use other relationships for support. Wives don't gain as much from marriage, on a psychological level, as men do," as Dr. T. J. Loring, Ph.D., of the University of Texas, Dept. of Human Ecology explained it in his study. "Men identify their wives as their main support, someone who is there to talk to."

Dr. Linda C. Gallow, Ph.D., Dept. of Psychology, San Diego State University has studied relationships for more than 20 years. Her study throws more light on the previous study; women only benefit from marriage if it's a "happy marriage, a good marriage." Men benefit whether the marriage is "good or not". Women in good marriages are less likely to get heart disease in the future and have less emotional problems. Dr. Gallow says the reason is women are more sensitive to the negative aspects of relationships with men while women support partners better than men do. She says, "What is most striking is that men's support is so heavily dependent on one partner.....the wife!"

That says a lot about who men are and how vulnerable they are when they lose their main support - their wife. For years women have been stunned by how quickly a man will marry again after divorce, while the ex-wife may never re-marry again relying more on her female support system.

One further bit of data from Dr. Deborah Belle's, Boston University study. It says men and women are less lonely when they report spending time with women while time spent with men has no effect on reducing loneliness for either sex.

OK, I think that makes some of the behaviors I've seen fit.

The message for us as women is pretty clear - be in a satisfying, supportive marriage or don't be married. Also, never lose your female friends and support system. Preserve it at any cost.

For those of you without this level of support, better start focusing on building it now.

NOTE: Someone recently asked me if I thought these studies apply to same sex relationships? I'm not sure. I do think it would be valuable for all concerned if we added same sex marriages to the studies. It appears from all of the studies, lots of female support is important. I think it is even more important than the sexual preference of the female support system.

International Women Moving Forwards

Women Moving Forward will be held in Santiago, Chile, September 7-9, 2004 and October 19-21, 2004 in Toronto, Canada.

We are thrilled and excited about the opportunity to hold the first Women Moving Forward in Canada and South America. If you or your company would like to register women for either of these classes give us a call. Each class will only have 10 spaces available. Women from the U.S. are welcome to attend in these locations as well as women from Canada and South America. The cost is \$3,200 U.S. per woman (international cost), \$2,700 per person if 2 or more women attend from the same company and they register at the same time.

You are also welcome to observe in either Toronto or Santiago. We would love to have 3-5 observers in each workshop.

Women Moving Forward in the United States

November 4-6, 2003

Three spaces have opened up in this class. If you know someone who wants to attend let us know as soon as possible. We expect this class to be filled shortly.

February 3-5, 2004

This class is half full and we have had a lot of interest from people planning ski vacations around the workshop.

June 8-10 and September 28-30, 2004

Both of these classes are available

Women's Leadership Retreat May 3-5, 2004

If you are thinking about attending this very special Retreat for women you will need to speak with me before October 31, 2003. Currently only one space is available.

Advanced Women Moving Forward March 10-12, 2004 New Jersey

This course is for women who have already graduated from Women Moving Forward and want to re-visit the course for another "kick in the butt". It will be held at the Short Hills Hilton in Short Hills, New Jersey. Space is limited so call our office to register.

To register for any of these workshops you can go on online at svanvleetconsult.com, call us at (303) 660-5206, or email us at svvconsult@aol.com

Don't forget there are discounts for multiple registrations

