



Sunny Couples  
Retreat 2025

# COUPLES *retreat* 2025

# Welcome Message



Welcome to the Sunny 88.7 FM Couples Retreat 2025! This retreat is designed to nurture your relationship, spark meaningful conversations, and create lifelong memories. Our team is dedicated to ensuring you have an amazing time, Get ready to laugh, learn, and love more!

Let's celebrate the beauty of marriage and make this retreat one for the books. As a special treat, you'll find 2 thoughtful gifts waiting for you and your spouse in your room. Enjoy your stay and make the most of this special time together.

If you need anything don't hesitate to reach out.

Call/whatsapp 0545 22 33  
24/0243664623

Warmly,  
Sunny 88.7 FM



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# Couples Retreat 2025

## ITINERARY

### Friday, 29th August



Arrival time - 5:30am

Departure - 6:00am

Check In - 2:30pm

Dinner - 6:30pm-7:30pm

Ice breaker

**Session 1**

**(8:30pm - 10:00pm)**

Theme: Couples Guide to Financial Independence

(Paul & Linda Mante)

**Couples Challenge Showdown**  
**(1:35pm - 4:00pm)**

Swimming, kayaking, canopy walk, zoo visit, ludo, oware, monopoly, musical chairs

Relaxation @ Western Serene (4:35pm - 6:25pm)

Dinner - 6:30pm - 7:30pm

**Session 3 (7:40pm - 8:40pm)**

Theme: Intimacy - Hurdles To Great Intimate Moments

(Prof. Daniel & Betty Nyarko)

**Heart 2 Heart (Group Mentoring)**

**All Resource Persons (8:40pm - 9:40pm)**

### Sunday, 31st August



**Session 4-Renewal of Vows**

**Prof. Daniel Nyarko (7:00am-7:30am)**

Photography - (7:30am-7:45am)

Breakfast - 8am-10am

Check Out (11:30 am)

### Saturday, 30th August



**Aerobics (6:00am - 7:00am)**

**Breakfast (7:00am - 8:00am)**

**Departure to The Grove, Essipong (9:00am - 9:30am)**

**Session 2 (10:00am - 12:30pm)**

Theme: Built to Last- How To Tame The 4 Horsemen That Destroy Marriages

(Michael and Letitia Ohene-Effah)

**Lunch (12:35pm - 1:35pm)**

- Departure: 6am

- Saturday (The Grove, Essipong): White Top & Jeans Combo

- Sunday (Renewal of Vows): white attire  
Bring your personalized vows to share with your spouse

**Packing Essentials**

- Swimsuit (if you plan to enjoy pool time)  
- Breakfast and lunch (if desired) for in-bus snacking

**Travel Details**

- At least 2 stops will be made for:  
Restroom use, Brief stretch, Purchase of snacks/ meals



## MEET OUR RESOURCE PERSONS



We look forward to hosting Paul & Linda Mante for the first time at Sunny FM Couples Retreat.

Paul Kofi Mante is a seasoned financial expert and a passionate advocate for strong, godly marriages. He is the Managing Director of EDC Investments Ltd., the Asset and Wealth Management arm of the Ecobank Group, managing over GHS 7 billion in assets. With over two decades of experience in wealth creation and financial literacy, Paul is also the author of nine bestselling books, including Marriage & Finance.

Beyond the boardroom, Paul is a committed Christian, Elder in the Church of Pentecost, and co-founder of the Christian Couples Club—an impactful ministry he leads with his wife, Linda, dedicated to building strong, purpose-driven marriages.

Paul brings a unique blend of financial expertise and spiritual insight, equipping couples with practical tools to build financial stability, deepen their love, and fulfill their God-given purpose.

## MEET OUR RESOURCE PERSONS



Meet Rev. Prof. Daniel Nyarko and Mrs. Betty Nyarko, our esteemed resource persons for the upcoming Couples Retreat 2025!

Rev. Prof. Daniel Nyarko is a seasoned academic leader. Rev. Prof. Nyarko has served as the former Rector of Takoradi Polytechnic (now Takoradi Technical University) and currently holds the position of Rector at the Nduom School of Business and Technology in Elmina.

His wife Mrs. Betty Nyarko is a retired teacher. Together, Rev. Prof. Nyarko and Mrs. Nyarko are passionate marriage counselors who worship at the Pentecost International Worship Centre (PIWC) in Takoradi. They bring their expertise and commitment to strengthening marriages to our Couples Retreat 2025.

We look forward to having them share their insights with us



## MEET OUR RESOURCE PERSONS



Mike and Letitia Ohene-Effah are the Founders of LeadAfrique International. They are also the creators of [myleadershipfarm.com](http://myleadershipfarm.com) and its sister YouTube channel, LeadAfrique TV.

These specially curated wholesome content for the entire family. Their Leadership Farm personal development program supports children and young people in over 60 schools across Ghana, Liberia, Nigeria, Uganda and Kenya.

They mentor, counsel, coach and support individuals, couples and corporate bodies to achieve their greatness.

Letitia is the author of children's books whilst Mike is the author of 5 personal development books.

Letitia loves Mediterranean food whilst Mike loves banku and okro stew. They both love reading, music and coffee.

We're excited about Michael & Tish joining us for the 3rd time as Couples Retreat Resource Persons.

## MESSAGE FROM OUR SPONSORS

# De Pizan



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For all the memories  
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Trustie bakes and events

Definitely " A taste you can trust".



# **COUPLES LOYALTY DISCOUNT PROGRAM**

## **Couples Loyalty Discount Program**

**Tier 1: 6 years and above  
- 7% off future retreats**

**Tier 2: 3-5 years  
- 5% off future retreats**

**Tier 3: 2 years  
- 2% off future retreats**

# STARCOM

GROUP OF COMPANIES





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**Thank You**