

Pre Marriage Coaching / Marriage Life Coaching Session Topics

Building a strong foundation for marriage and life is essential. We can provide to individual couples several coaching sessions to help start you on your way. You choose the combination right for you.

“You Want Me To Communicate?” – One of the biggest challenges for couples is to communicate in a constructive manner. We’ll look at ways to understand your spouse, how they “hear” you and how to be “heard”. We’ll give you tools to assist you in sharing what is on your mind without losing it.

“Budgeting For Success”- Money, money, money. We’ll do a sample budget and give you resources on how to budget and have control of your finances, not the other way around.

“Sheet Music”-Sexual intimacy- this is a favorite topic of many. We’ll discuss your views on sexual intimacy and what you are expecting from your spouse. We’ll look at the differences between a man and woman's sex drive and how to meet each other’s needs for intimacy.

“No Such Thing As A 50/50 Relationship”-What are you expecting from your marriage? There is only 100/100% relationships that work. Laying the cards on the table before you begin your life long journey is very important. It will take determination, commitment, work, and patience to have a successful marriage and it can’t be done with one person.

“Cleaning Out The Closets”-Dealing with your past as you move into your future- Everyone likes honesty. Begin your marriage together with a fresh start by sharing who you really are. No one likes surprises when beginning this journey so now is the time to clear the air of anything that might affect your relationship together and move forward in dealing with it.

“Forgiveness”- Prince Charming or the Princess may make a mistake or two over the next 50 years or so. Being willing to forgive is a powerful decision. We’ll look at ways to handle difficulties and truly forgive to put it behind you.

“When Husband And Wife Become Mom and Dad”- Life will change forever when the little ankle bitters come along. This transition in life can be the most difficult you will face up to this point. We’ll share practical tips on how to survive this sleepless time in your lives.

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