



MARRIAGETEAM

EMPOWERING COUPLES FOR WINNING MARRIAGES

MarriageTeam Media Resource Kit

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How We Help **You Make the Story**

- We want to be your resource on marriage relationship issues.
- Our founders have been married more than 40 years and remain active in our work.
- More than 30 years of experience in life-skills training and relationship management.
- More than 600 couples successfully coached.
- We are an expanding non-profit with marriage coaches in more than 66 different churches and 35 communities in Oregon, Washington and Nebraska.

Why Consider MarriageTeam as a **Resource**

- Our program gets results! Distressed couples completing our program report a 183% improvement in their relationship!
- Scores of couples entering our program at the doorstep of divorce are now happily married. Many have become coaches themselves.
- You will get a unique perspective on why marriages fail as well as what it takes to elevate them to a state of harmony and strength.

Our Uniqueness Helps **You**

- We have couples in our program willing to speak candidly about their relationship.
- We train volunteer couples to be marriage coaches. Once trained, these coaches are placed with couples seeking to save their relationship.
- We are decidedly not a counseling model, but a coaching model. Much like a life or sport coach, our coach couples come along side another couple and act as guides, cheerleaders and relationship coaches.
- Our program is can be described as marital apprenticeship.
- Our program is duplicable/replicable.



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Topics Our Team Specializes In:

- Marriage communication (listening and speaking)
- Anger management
- Conflict resolution
- Understanding bitterness
- Forgiveness and healing
- Family integration issues
- Pre-marital relationship's impact on marriage success
- The impact of divorce on children and business productivity

Recent Media Appearances:

- KOIN Local 6 Portland – Studio 6
- The Columbian – multiple editions
- Christian News Northwest – multiple editions
- East Vancouver Business Journal
- KKPZ radio Portland
- Family Works Magazine, Lebanon, PA

Recent Book Reviews:

- Midwest Book Review



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MarriageTeam Details

Vision and Mission

- We SAVE marriages and families from the pain of divorce.
- We ENRICH the lives of married couples.
- We ENCOURAGE healthy families for the betterment of children, the future of America.

The Challenge Facing Marriages & Children

- Fifty percent of adults under age 30 are projected to have at least one divorce in their lifetime.
- The most predictive event for adult death before age 65 is the divorce of their parents!
- One million children watch their parents' divorce annually.
- Half will witness a second divorce before age 18.
- Children from broken homes are more likely to have academic problems, be aggressive, get into trouble, have low self-esteem, feel depressed, and experiment with illegal drugs!
- Teenagers from broken homes are 70% more likely to be suspended.
- Children in single parent homes are six times more likely to live in poverty.
- Children of divorce are 25-30% more vulnerable to becoming ill.

Why MarriageTeam Coaching Works

- Most distressed couples between ages 20-45 have not had healthy marriage role models.
- Our coach couples are ALL volunteers. No paid staff. This grassroots, neighbor-helping-neighbor movement is turning the tide of divorce. We've seen many couples rip up divorce papers and find happiness!

MarriageTeam Gets Results!

- Couples who complete coaching report the experience as 9.1 on a scale of 1 to 10!
- Distressed couples who have completed MarriageTeam coaching have reported an average 183% improvement in their level of satisfaction with their marriage!



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In Their Own Words

"We were 2 weeks away from divorce and stuck in the revolving door of counseling session after session. MarriageTeam saved us and our 2 year old daughter from the pain of divorce. We are a family again!"

"We have learned tools necessary for effective communication. We are learning how to bring out the best in each other."

"Our goals are aligning up; we also have what appears to be a similar vision of our future together."

"Words cannot express our thanks and gratitude for your dedication and devotion to coaching and guiding us through a challenging time in our marriage. You both are a blessing in our life."

"Positive changes in our relationship include communications and meeting each other's needs."

"We know [now] what we should do to improve communications. I better understand why I react to situations as I do. Our coach couple was great. I can't explain how much I appreciate them."

"Coaching was exactly what we needed to help us start communicating. We have a better understanding of our problems and a better understanding of ways to solve our differences."

"It makes me think differently about my marriage. It helps me see the other side or other point of view, not just mine."

(Names and additional testimonials available upon request)

How MarriageTeam Coaching Works

MarriageTeam trains volunteer Christian couples to be marriage coaches and then places distressed couples with those coaches. We have more than 120 coach couples from 66 different churches in 35 different communities along the I-5 corridor from Eugene, Ore., to Longview Wash., with most in Portland, Ore., and Vancouver, Wash. We provide 24 hours of coach training around a curriculum that address communications, anger, bitterness, forgiveness, conflict resolution, problem solving, appreciating differences, intimacy, and goal setting.

Why Marriage Coaching?

We are all born onto different teams called our family of origin. As we grow, we learn the playbook that works for that team. Some teams are more functional (winning) than others and some playbooks were better written. As young adults, we become 'free agents' and join new teams through marriage. The problem is that we bring our old playbook and we do not share it with our new teammate. This creates errors, fumbles, and frustration. Neither player is wrong; they are just using different playbooks. No one would think of joining a sports team and not learning the team plays and yet that is exactly what most of us do in when we get married! Marriage coaches help team couples create a common playbook so they can work together for a winning marriage.



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Benefits of Staying Married

- Live longer - Married people live several years longer than do the single, divorced, or widowed. Clinical studies on effects of divorce show:
 - Male Cardiovascular disease – death rate doubled for divorced men.
 - Male pneumonia death– 7 times higher.
 - Mortality risk –divorced or widowed – 10 times higher for the same married age.

Have more satisfying sexual relationships

- More than half (54%) of married males and 43% of married females are extremely satisfied with their sexual relationship.
- Compared to cohabitation, 44% of the males and 35% of females are extremely satisfied.
- The frequency of sex is also higher with married couples than with other couples.

Married people have more wealth and assets - the median household net worth for:

- Singles is \$35,000
- Divorced individuals \$33,670
- Widowed individuals \$42,275
- Married couples is \$132,000 - (that 4 times more than divorced individuals)

References:

1. <http://www.doh.wa.gov/ehsphi/chs/chs-data/main.htm> & <http://www.dhs.state.or.us/dhs/ph/chs/data/divorce/divmon08.pdf>
2. *Choosing Wisely Before You Divorce*, Church Initiative, PO Box 1739, Wake Forest, NCF 27588-1739, 800 489-7778
3. Turvey, Matthew D., and David H. Olson, “*Marriage & Family Wellness: Corporate America’s Business?*” A Marriage CoMission Research Report, Life Innovations, Inc. Minneapolis, MN, 2006.
4. *The Longevity Project*, Katherine Bouton: http://www.nytimes.com/2011/04/19/science/19longevity.html?pagewanted=3&_r=1