



## Marriage Coaching: What It Is

Marriage coaching involves teaching skills and helping another couple work out their unique relationship to achieve the results that they desire from their marriage. Coaches do not give advice but facilitate a process of discovery so the couple can figure out what will work with them. It focuses on understanding the issues through good communication, eliminating barriers, exploring options and moving to action.

## Why Coaching Works

Couple coaching as presented by MarriageTeam provides several features that promote long-term change and growth:

- Learning improved interpersonal communication and problem solving skills that are practiced for several weeks and incorporated into daily use.
- Mutual accountability for positive change the way each teammate needs to hear it.
- Supportive environment for effective communication and “tough issue” exploration.
- Exercises to explore “hidden” issues with practical approaches for resolution.
- New insight into many of the issues causing stress in the marriage.
- Different paradigms for looking at the marriage relationship.
- Accountability with the coach couple and each other for implementing change.



**Learn more about how marriage coaching can strengthen your marriage for a lifetime together.**

## What is MarriageTeam?

MarriageTeam is a non-denominational, faith-based social agency that provides coaching and support for:

- Seriously dating or engaged couples
- Couples wanting more from marriage
- Marriages looking for restoration/renewal

MarriageTeam is a social-service religious agency within the meaning of Washington State law RCW 26.04.010.

## Who are the Coaches?

- Highly-trained couples with healthy marriages who care deeply about helping others and reducing divorce.
- Marriage change educators & facilitators.
- Coaches complete 24 hours of training and use proven materials.

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Skype coaching is available for couples in communities where we don't have coaches.

# You Deserve a Winning Marriage



**We Can Help**



**MARRIAGETEAM**  
Empowering Couples *for* Winning Marriages

## What Couples Are Saying



*"We'd been in counseling for a year and a half and were still on the brink of divorce. I didn't expect anything to change, but felt obligated to try because the coaches really cared. Coaching saved our marriage."*

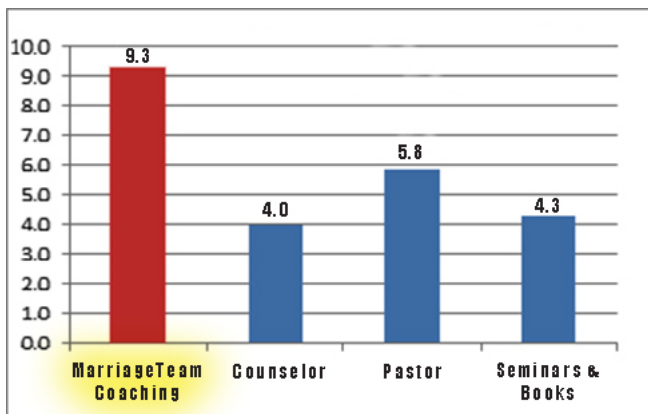
*"I am no longer angry. I feel loved again. We are intimate again."*

*"I had three divorces and five abandoned children. After two years in my current marriage, our coaches have shown me what communication really is and how it is necessary on a team. A TEAM MARRIAGE – WHAT A CONCEPT!"*

*"Our relationship was awful before coaching. We strongly disliked each other, had major hurt between us and kept arguing all the time. Coaching was the best experience ever! Now, we resolve conflict easier and forgive quicker."*

## Coaching Effectiveness

Couples assessment of their coaching experience compared to other approaches.



## Planning Your Marriage



Couples complete a survey, review the results with the coaches and complete skill building exercises addressing the following topics:

- Marriage Expectations
- Communication Skills
- Problem Solving
- Extended Family Issues
- Financial Issues and more

## Enriching Your Marriage



Sessions apply key relationship skills so couples can resolve their issues and improve their intimacy.

- Improved Communication
- Conflict Resolution
- Problem Solving
- Personality Differences
- Physical Intimacy and more

## Restoring Your Marriage



Individuals come to marriage with an old family play book and never create new plays with their new team mate. Coaches lead couples through skill building materials to help the couple create unique team plays that will work for them.

New plays include:

- Communication: Listening & Speaking
- Conflict Resolution Agreements
- Problem Solving
- Anger Processing
- Bitterness and Forgiveness
- Other topics specific to your needs

## Can We Become Coaches?



Most couples can easily learn the listening and coaching skills needed to be effective coaches. Materials are available that enable coaches

to help others learn and grow at their own pace. Coaches simply facilitate the process. Couples complete the training before deciding whether they want to coach others.

Requirements include:

- Be a Christian couple.
- Have a strong desire to save marriages.
- Use faith-based curriculum.
- Currently in a healthy and mutually satisfying marriage.
- Committed to helping other couples improve their marriage relationship.
- Open to sharing your experiences.
- Able to complete 24 hours of training.

## What Coaches Are Saying

*"The training emphasized every important topic and provided extremely helpful tools. It's the best material I have been exposed to—even better than classes I took in seminary."*

*"It zeroed in on our own personal problems. We received more in that short time than we did from several weeks with a professional counselor."*

*"The best 2 weekends of our 40-yr marriage. (except the honeymoon)"*

*"Coaching others has brought us closer together in our own marriage!"*