



Getting Serious Couple's Coaching Program

Thank you for showing interest in our very successful "Couple's Coaching Program".

Firstly, I'd like to make a few comments on some of the topics we will discuss and what you and your partner are likely to experience during your Couple's Coaching Sessions.

1. Encouragement to become the person you've always known you are
2. Tough questions about why you think you're struggling
3. Dealing with the past so it doesn't become your future
4. Understanding your partner's love languages
5. Learning conflict resolution and listening skills
6. Learning how to share your heart without being accusing
7. Establishing safe boundaries
8. How unresolved hurt causes over reactions
9. How to speak out of love instead of hurt
10. Understanding that your compete and whole in yourself

In me, you'll find a realist that cuts through the counselling jargon

The journey back to a healthy, loving and supportive relationship requires work, but the biggest challenge is facing our own hurt and taking full responsibility for our own actions.

Blame, pride and unforgiveness are the three major components that keep most relationships from being restored. It's important to remember that no relationship with another human being is without misunderstanding and conflict, however once we start dealing with our own issues it's amazing how our perspective changes, our filters disappear and how our relationships improve.

How our program works:

Once you have decided to move forward, signed the Coaching Agreement and paid the initial fee, the three of us will meet together for a FREE 90-minute session where these questions will be asked:

1. What's gone wrong?
2. What are you contributing to the struggles?
3. What do you need to stop doing today?

I will meet with each of you on a weekly basis and meet you together bi-weekly. Remember, a healthy relationship is made up of two healthy people, so the more emotionally whole we become the stronger and more supportive the relationship becomes.

During our time together, I will set you individual and joint tasks which may include:

1. Reading relationship books/audio tapes together and individually
2. Asking each other questions like, "How are we doing and how do we do it better?"

Our Couple's Coaching Program last for 3 months/ 12 weeks and 30 sessions. If you both do the work and give this 100%, at the end of this program you will have made huge progress and accumulated a comprehensive relational toolbox, that if used will bring transformation to all your relationships.

The total cost of our Intense program is \$2,700.00 payable in three \$900.00 installments, the first one being due when the Coaching Agreement is signed the following two payments at the end of each consecutive month.

For further information on our Couple's Coaching programs please call the number below and take a look at my client referral list: <http://www.solutionslifecoaching.co/clients.htm>

Kind Regards

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