

Couple's Coaching Outline

One of the best gifts parents can give their children is modeling a Godly relationship for them. Couples coaching allows both parents to learn more about their unique strengths and how those strengths can support their family well. Rooted in biblical principles through a coaching framework, we will work together to clarify your family's mission and values. Through couples coaching, we will explore how to obtain continued support, patience and gentleness that best benefits your family and how both of your strengths can play a beautiful role in strengthening your family.

Coaching can either take place over the phone or in person according to your preferences and location. Depending on your unique needs, sessions can last anywhere from eight to twelve sessions at one hour per session. I recommend one session per week in order to allow for quality focus and maintain momentum.

Detailed session summaries will be emailed following each session, creating a coaching archive, making it easy to keep track of progress and continuing positive momentum. The entire coaching process is kept completely confidential. During coaching, unlimited text and email support is available.

Session 1: In-take

During your in-take session, we will discuss your in-take form that will be provided before the coaching process begins. We will go over why it is you are seeking coaching, what you hope to obtain from the coaching process and more about your current situation.

Session 2: Discovery

The discovery session is for shedding appreciation on all that is currently working in your situation. We will also discuss both individuals' strengths and how they support you both in fulfilling your purpose for the Lord, yourself and your family.

Session 3: Dream

During your dream session, we will imagine what your ideal is for your future. We will paint a picture together of what your hopes and dreams are for your family.

Sessions 4-9: Design

Design sessions are for taking steps toward your ideal future that use both of your unique strengths and are aligned with your values. With each small step, you will find yourself closer and closer to your ideal future. You will also develop wonderful self-awareness during this time that will support you while taking action steps into your dream.

Session 10: Destiny

Destiny is a wonderful time where we celebrate together how far you both have come during the coaching process. We will discuss together what worked well and what strengths you used to overcome challenges and deepen your self-awareness. We will talk about the tools you gained that you can apply as new seasons of life come and go.

Train up a child in the way he should go; Even when he is old he will not depart from it. Proverbs 22:6