

couples COACHING SESSIONS

The Couples Coaching sessions are similar to our Personal Coaching programs. These sessions are designed for honest, courageous and committed people who believe in a possibility for their lives that is bigger than their resignation for themselves and their relationship – for people who are willing to look at themselves and see what is possible in their relationships and who are willing to create and invent it.

You and your partner will foster honest and effective communication that makes a difference with each other and by examining your patterns. You will gain higher self-confidence and personal effectiveness which will help you achieve your relationship dreams.

You and your partner will be trained to create and invent a new set of operational practices that allow you both to pursue your goals and be effective.

HOW IT WORKS

In this setting, we work with both partners on issues that the couple is committed to resolve. These could include issues such as relatedness, communication, teamwork and understanding. The method and techniques are similar to the techniques used in the personal coaching program, but they are adapted to the couple's relatedness structure.

In this program, we listen to both parties as equals. We create a safe environment for partners to express themselves fully and freely.

THE BASIC (Relating to the reality of your world), and

THE ADVANCED (Inventing your vision and planning it)

24 hours: 12-month program - 2 calls a month

MASTERS I (Creating and building your mastery), and

MASTERS II (Maintaining your mastery and power)

24 hours: 12-month program - 2 calls a month



BENEFITS

- Communicate without resistance.
- Shift attitudes from apathy to commitment.
- Effectively relate to your mate and what is important to them.
- Shift your mindset from problems to solutions.
- Have a clear and workable structure for fulfilling your relationship vision and goals.
- Understand your and your partner's operational behaviors and reduce stress and resentment.



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