



Marriage Coaching

WHAT IS MARRIAGE COACHING?

We believe that most marriages have a good foundation! After all, you did fall in love with each other! You married your spouse because you were in love and knew that nothing would ever separate you. Many times it is not so much about going back to discover what it was like when you first met but just fine tuning the basic core principles of relationships. Marriage Coaching helps you rediscover each other and what drew you to each other in the first place. It also helps you to learn, or perfect, the skills you need to keep the love you have for each other alive and growing!

Marriage Coaching is a professional client-focused service where the couple is assumed to be healthy, powerful, and able to achieve relationship goals with effective support, information and guidance. As Marriage Coaches, we don't give advice! We come along side of you in a purposeful manner, which helps you to see difficulties in a different light. We provide the support, encouragement, and accountability to help you accomplish the goals you set for your marriage!

Our coaching process is a faith-centered approach that helps you to live God's plan for a joy-filled marriage while developing practical skills to keep your marriage relationship strong. You and your spouse will be coached as a couple. We help you to identify, set and achieve your personal goals for your marriage. We come to you with an Apostolic approach helping to set things in order. Our plan is to lead your marriage to the final victory. We will even share practical insights from our marriage when beneficial. You should expect to receive the following from us:

- Structure: Goals, actions, covenant, clear expectation
- Relationship: Change comes through people not programs
- Peer: Not an authority relationship but a friendship
- Coaching Approach: Drawing out of you instead of telling you or giving advice
- Growth: A strategic relationship with a purpose to grow

We will help you to:

- Obtain a Christian vision about marriage
- Learn practical tools to build and strengthen your marriage
- View problems as opportunities to serve your spouse
- Communicate effectively and manage conflict
- Negotiate hurdles that keep you stuck
- Build or restore trust
- Renew appreciation and affection
- Release and heal old baggage
- Learn to forgive as God forgives
- Build a strong foundation for your marriage

We know marriage is supposed to be full of love through better or worse, richer and poorer and till death do us part. However, most of us don't know how to live this through the realities of everyday life. We are here to help you develop a marriage that will fulfill you for the rest of your life! In a simple and relaxed setting, you are able to focus on how to move ahead rather than dwell on the past. You are able to develop a plan to keep growing personally and together as a couple through honoring, supporting and loving one another.

COMMON QUESTIONS

What is the difference between coaching and counseling?

Marriage coaching can revolutionize the way you do growth-centered relationships, because the coaching approach offers some unique dynamics that are missing from the way we usually walk with each other. For example, a counselor can take the things in your life that needs to change and tell you how to change them. Instead of depending on advice-giving, the coaching approach uses intuitive listening and powerful questions to draw others into a dialog with God. In the world of sports a coach is constantly pushing you to maximize your potential by drawing out of you what is already inside of you. When you decide something in your life needs to change, a coach pushes you to take responsibility for your situation, look to God for insight, and take action. Marriage Coaching assumes that you want to train to be the best at understanding yourself, your mate and the keys to a great marriage. Coaches are not counselors, but someone who will find out what your current skill level is and help you to develop those skills to a championship level.



Therapy focuses on the past and unresolved issues. Coaching, on the other hand, begins with the present and assists clients in setting very clear and specific goals that they want to achieve in the future. While the past may be discussed on occasion, it is addressed only in the context of discovering what is blocking the client from moving forward. The focus is always on movement and taking action, not on insight or understanding.

What does the marriage coaching process consist of?

We ask that a couple meet with us bi-weekly for 8 weeks and we re-evaluate the status of their marriage at that time. While some issues can be resolved quickly, others may take more time and effort. Each session lasts about an hour.

Do both spouses have to meet?

We believe that both mates will eventually have to change but we also believe that if just one of the couple will begin to work on his or her role and perspectives, the marriage can be radically changed! Both spouses must be willing to work on the marriage. We often receive calls where only one is interested in wanting to work on the marriage, and unfortunately there is not much we can do for you - other than to pray.

What if I we are just dating and seriously considering marriage?

Research shows that "a couple who spends at least 12 hours in a premarital-education program decreases their chance of divorce five years out by 50 percent." And, "the best marriage-education programs focus on essential marriage skills, like communication and conflict resolution". You are planning the wedding . . . but have you done anything to plan for the marriage? Pre-Marital Coaching takes a look into marriage and relationships. We will guide you through the transition from the wedding to married life. We have found that most of the problems occur in a marriage because the couple has never defined expectations prior to marriage. We provide a half day seminar to help prepare the couple for their new covenant relationship. After the seminar they are assigned a mentor to guide them and given a workbook to work through. The workbook has 9 chapters. The pre-marital couple will answer the questions separately, discusses their answers together, and then reviews key points with the mentors. It is desirable to begin the coaching 6-12 months prior to the wedding, but it can be done closer to the wedding date. Topics addressed include:

- Expectations
- Building Oneness
- Roles and Responsibilities
- Communication
- Extended Family Issues
- Blended Family Issues
- Sexuality
- Financial Issues
- Readiness for Marriage

How much does marriage coaching cost?

We work on a sliding fee scale based upon your combined annual household income and the number of people in your family. When you receive your intake packet, it will include a list of options for you to choose from. Keep in mind that we rarely let finances be an issue. There is a flat fee of \$150 for pre-marital coaching.

What if the marriage has some big issues?

There are ways to change and restore the most broken of marriages. Through love, understanding and respect, God will heal, maximize and wonderfully restore the shakiest of marriages. Coaching has brought couples back from the brink of divorce with new hope and renewed commitments. Issues are addressed in a confidential, non-judgmental manner that focuses on resolving difficulties through improved understanding and mutual problem solving. Participation is entirely voluntary and a couple can decide to leave at any time. The coaching is supplemented with applied exercises in effective assertiveness, listening, causes of marriage problems, problem solving, understanding anger, bitterness, forgiveness, intimacy, and growth. This process takes 2-3 months to complete. Coaching is not recommended for couples who have drug or alcohol problems or on-going affairs.



Welcome!

We are excited and optimistic concerning the future of your lives and your marriage! In order for us to get a solid start, we would like for you both to take some time completing the following form. Please fill out separate forms. Remember that this questionnaire is essential in helping us get a great start! In addition, it will be instrumental in helping us to progress much more swiftly during the coaching process, therefore getting the most out of your investment.

We are sure that some of the questions will be easy to answer...while others will cause you to pause and reflect. From our experience as marriage coaches, we have often found that answering these questions is a great starting point to determine where you are and where you would like to go in this great adventure called Marriage. Set aside some quality time to complete the questions and fax the form back to me at least two days before our scheduled appointment. This document will be kept completely confidential, and it will help us to better plan for more targeted and productive sessions.

We start out by identifying the goals and intentions of the coaching process right from the start. We help the two of you come to a compromise on your gridlocked issues. Many times couples do not always have the same aspirations, hopes or goals yet they need to come to some sort of resolution. We do our best to honor both individual's hopes and dreams, we see our goal as facilitating couples in accessing new strengths, learning new skills and gaining new insights, which then moves them in the direction that they want their relationship to go.

We are really looking forward to working with you, and will be praying that God would guide us and reveal His heart for your life and for your marriage.

Sincerely,

Allen and Angela Blackston
President and Vice President
Victorious Marriage



VICTORIOUS MARRIAGE COACHING INTAKE FORM

Couple Information

Your First Name _____ Last Name _____

Address _____ City _____

State/Province _____ Zip Code _____

Company _____

Title _____ Home Phone _____

Work Phone _____ Work Extension _____

Mobile Phone _____ Fax Phone _____

Email _____ 2nd Email _____

Occupation _____ Referred By _____

Birthday _____ Marital Status _____

Religious affiliation _____ Spouse Name _____

Wedding Anniversary _____ Number of years married _____

Children's Names and Ages?

Your Goals:

What are the two biggest changes you want to make in your life in the next 3 months?

- 1.
- 2.

On a scale of 1-5 how ready do you feel to make those changes, with 1 being not at all and 5 being 100% ready now?

Less True - 1__ 2__ 3__ 4__ 5__ - More True

What are the two biggest changes you want to make in your life over the next 3 years?

- 1.
- 2.

What are you wanting to achieve the most? And do you feel ready for it?

Your History:

What would you say have been your 3 greatest accomplishments to date?

- 1.
- 2.
- 3.



What is the hardest thing in your life that you have had to overcome?

Who are or have been your major role models?

In one sentence, word or phrase, describe your relationship with your:

1. Mother

a. (Past) Childhood Relationship:

b. (Present) Relationship

2. Father

a. (Past) Childhood Relationship:

b. (Present) Relationship

Your Life:

Who are the key people in your life and what do they provide for you?

What is your favorite part of your typical day?

What is your least favorite part of your typical day?

On a scale of 1 to 10, 10 high, rate the amount of stress in your life right now.

What are your primary stressors?

Yourself:

Are you presently taking any prescription medication? If so, please explain.

Are you presently experiencing any type of addiction? If so, please explain.

List two adjectives that describe you at your best.

1.

2.

List two adjectives that describe you at your worst.

1.

2.

What are your 2 major concerns/fears about yourself?

1.

2.

What are your 2 major concerns/fears about life?

1.

2.



What motivates you? (One Word or Phrase if possible)

Here are ways coaching clients work with me. Which appeal to you?

- Brainstorming strategies together
- Support, encouragement and validation
- Insight into who you are and you're potential
- Painting a vision of what you can become or accomplish
- Exploring and removing blocks and obstacles to your success
- Accountability; checking up on goals
- Working through self-improvement programs together
- Suggesting or designing action steps

Your Marriage

1. What do you see as the biggest Challenge in your marriage?
2. What do you see as the most positive aspect of your marriage?
3. Have you seen a marriage coach or counselor in the past? If yes, describe your experience in one or two sentences.

HOW DID YOU FIND Victorious Marriage?

Waiver of Liability

I _____ (applicant) hereby authorize Victorious Marriage to provide the Marriage Coaching desired. Victorious Marriage Coaching biblically based sessions are conducted by Certified, trained Lay Coaches, who are not licensed Health Care Professionals, therapists, psychiatrists, or psychologists. The aforementioned Coaches are not licensed by any government approved agency or institution.

Victorious Marriage shall maintain the confidentiality of all communications during the course of the Marriage Coaching Sessions subject to the following exceptions: (1) mandatory disclosure is required for compliance with laws that require disclosure of confidential information, (2) disclosure of confidential information to Law Enforcement Agencies is required where there is a reasonable belief that a Participant may present an imminent danger to self or others. (3) A signed and notarized release authorizing Victorious Marriage to release confidential information to designated recipient(s). The client is assured the sessions are held with the utmost confidentiality and only to be shared if and only when your session(s) need to be directed toward those whom your marriage coach trusts in position of responsibility, and that would directly benefit your overall resolution to your coaching needs.

Since the individuals providing the Marriage Coaching sessions are not licensed mental health professionals, you cannot expect them to provide professional counseling services. Please note that Victorious Marriage may terminate the Marriage Coaching relationship at any time for any reason and without notice. It is further understood that the Participant will take full responsibility for attending all scheduled coaching sessions. I hereby release and discharge the coaches from all claims out of the provision of such information.

RELEASE AND WAIVER, DISCHARGE AND COVENANT NOT TO SUE

Victorious Marriage, their affiliated organizations and respective officers, directors, Lay Coaches, agents, employees, heirs, successors and assigns, and releases, waives and/or discharges all of the aforementioned from any and all liability to its assigns, insurers, heirs, executors, administrators, spouses and next of kin for any and all losses, claims, or damages, whether caused by negligence, or otherwise, while participating in the Marriage Coaching Sessions.

Participant Name (Printed) _____

Participant Signature _____

Date _____



Victorious Marriage Coaching Sliding Scale Application

Couple's Information			Today's Date: / /	
First Name:	Middle:	Last:	Spouse's Name:	
Home Address:		City:	State:	Zip:
Mailing Address:		City:	State:	Zip:
Home Phone #: () -		Home Phone #: () -		
Date of Birth: / /	Social Security # - -	Number of Years Married:		
Marital Status:	<input type="checkbox"/> Single <input type="checkbox"/> In a relationship <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Separated <input type="checkbox"/> Widowed			

NOTE: To comply with federal regulations, it is necessary for us to ask some personal questions. Your answers will be kept on file and in strict confidence.

Household Size		
Name	Date of Birth	Social Security Number
	/ /	- -
	/ /	- -
	/ /	- -
	/ /	- -

Household Income			
Name	Amount	Frequency (Circle one)	Employer:
You	\$	Weekly Monthly Yearly	
Spouse	\$	Weekly Monthly Yearly	
Children	\$	Weekly Monthly Yearly	
Other	\$	Weekly Monthly Yearly	
	\$	Weekly Monthly Yearly	
TOTAL	\$	Weekly Monthly Yearly	

I do hereby affirm that the information provided on this application is true and correct to the best of my knowledge and belief. I agree that any misleading or falsified information, and/or omissions may disqualify me from further consideration for the sliding fee program and will subject me to penalties under Federal Laws which may include fines and imprisonment. I further agree to inform Victorious Marriage if there is a significant change in my income. If acceptance to the sliding fee program is obtained under this application, I will comply with all rules and regulations of Victorious Marriage. I hereby acknowledge that I read the foregoing disclosure and understand it.

Date: _____ Name (Print): _____
 Signature: _____



SLIDING SCALE FEES

Victorious Marriage is a 501 (c) 3 Non-profit Marriage Restoration Ministry and we believe money should never stand in the way of your marriage. We also believe that our clients are adults and are well aware of what they can afford to pay. So we never request proof of income. We simply ask you complete the Sliding Scale application and glance at the chart below. These are our suggestions for what you might pay depending on family income and size. When we meet for our free initial consultation, we trust you will suggest a fee that you and I can both work with.

The fees suggested below are based on hourly Coaching Sessions and are payable prior to sessions.

(All figures are in U.S. dollars.)

SUGGESTED INDIVIDUAL FEE SCALE Household Size: Adults & Dependents

<u>Household Income</u>	<u>1-2</u>	<u>3-4</u>	<u>5+</u>
< \$25,000	\$30	\$30	\$30
\$25,000	\$30	\$30	\$30
\$26,000	\$31	\$30	\$30
\$27,000	\$32	\$30	\$30
\$28,000	\$34	\$30	\$30
\$29,000	\$35	\$30	\$30
\$30,000	\$36	\$30	\$30
\$31,000	\$37	\$31	\$30
\$32,000	\$38	\$32	\$30
\$33,000	\$40	\$33	\$30
\$34,000	\$41	\$34	\$30
\$35,000	\$42	\$35	\$30
\$36,000	\$43	\$36	\$30
\$37,000	\$44	\$37	\$30
\$38,000	\$46	\$38	\$31
\$39,000	\$47	\$39	\$31
\$40,000	\$48	\$40	\$32
\$41,000	\$49	\$40	\$33
\$42,000	\$50	\$42	\$33
\$43,000	\$52	\$43	\$35
\$44,000	\$53	\$44	\$35
\$45,000	\$54	\$45	\$36



\$46,000	\$55	\$36	\$37
\$47,000	\$56	\$47	\$38
\$48,000	\$58	\$48	\$39
\$49,000	\$59	\$49	\$39
\$50,000	\$60	\$50	\$40
\$51,000	\$61	\$51	\$41
\$52,000	\$62	\$53	\$42
\$53,000	\$64	\$53	\$43
\$54,000	\$65	\$54	\$43
\$55,000	\$66	\$55	\$44
\$56,000	\$67	\$56	\$45
\$57,000	\$68	\$49	\$40
\$58,000	\$70	\$58	\$47
\$59,000	\$71	\$59	\$47
\$60,000	\$72	\$60	\$48
\$61,000	\$73	\$61	\$49
\$62,000	\$74	\$62	\$50
\$63,000	\$76	\$63	\$51
\$64,000	\$77	\$64	\$51

<u>Household Income</u>	<u>1-2</u>	<u>3-4</u>	<u>5+</u>
\$65,000	\$78	\$65	\$52
\$66,000	\$79	\$66	\$53
\$67,000	\$80	\$67	\$54
\$68,000	\$82	\$68	\$55
\$69,000	\$83	\$69	\$55
\$70,000	\$84	\$70	\$56
\$71,000	\$85	\$71	\$57
\$72,000		\$72	\$58
\$73,000		\$73	\$59
\$74,000		\$74	\$59
\$75,000		\$75	\$60
\$76,000		\$76	\$61
\$77,000		\$77	\$62
\$78,000		\$78	\$63
\$79,000		\$79	\$64
\$80,000		\$80	\$64
\$81,000		\$81	\$65
\$82,000		\$82	\$66
\$83,000		\$83	\$67
\$84,000		\$84	\$68
\$85,000		\$85	\$68
\$86,000			\$69
\$87,000			\$70
\$88,000			\$71
\$89,000			\$72
\$90,000			\$72
\$91,000			\$73
\$92,000			\$74
\$93,000			\$75
\$94,000			\$76
\$95,000			\$76
\$96,000			\$77
\$97,000			\$78



<u>Household Income</u>	<u>1-2</u>	<u>3-4</u>	<u>5+</u>
\$98,000			\$79
\$99,000			\$80
\$100,000			\$80
\$101,000			\$81
\$102,000			\$82
\$103,000			\$83
\$104,000			\$84
\$105,000			\$84
\$106,000			\$85