



4-week Pre-Marital Coaching

Pre-Meeting – Meet and Greet with Coaches

Introductions

Goals

Concerns, if any

Module 1 – Self-Awareness and Self-Love

This module will discuss the importance of self-love in your relationship as well as how to become more aware of your own needs and desires. We will talk about the awareness of the baggage we bring with us to our relationship and its impacts. Self-love is your secret weapon to living a fulfilling life; that's because your inner world creates your outer world. Before you can receive love and respect from others, you need to love and respect yourself.

Module 2 – Communication

This module will talk about different ways to communicate with your partner, including active listening. In relationships, communication allows you to explain to someone else what you are experiencing and what your needs are. The act of communicating not only helps to meet your needs, but it also helps you to be connected in your relationship. This module will also teach a specific 9-step communication model to help you navigate difficult conversations.

Coaching Session for Module 1 and Module 2 information.

Module 3 – Boundaries

This module will talk about different types of boundaries and how to set them. Many of us are not taught how to set boundaries when we are younger so this module will teach you how to figure out what is okay and not okay for you. Boundaries are important because they set the basic guidelines of how you want to be treated. Setting boundaries will ensure that relationships can be mutually respectful, appropriate, and caring

Module 4 – Attachment Styles and Types of Relationships

This module will discuss the 4 types of attachment styles and the 3 types of relationships. Recognizing our attachment style can help us understand our strengths and vulnerabilities in a relationship as well as how each of us reacts to our needs and how we go about getting them met. Our attachment style also affects the type of relationships we have in adulthood. These topics will be discussed in detail to help you learn ways to shift your attachment to be securely attached and interdependent with your partner.

Post-Meeting- Meet with Coaches to discuss what you have learned from the modules and how you will implement them into your relationship.





Pricing for Pre-Marital Coaching and Wedding Ceremony

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| Option 1 – 4 modules without coaching | \$100 |
| Option 2 – 4 modules with 3 coaching sessions | \$400 (save \$100) |
| Option 3 – Wedding Ceremony only | \$250 *plus mileage after 100 miles |
| Option 4- 4 modules with 3 coaching sessions and Wedding Ceremony | \$550 *plus mileage after 100 miles (save \$100) |

* \$35 per 100 miles round trip from Toledo, Ohio

