



MARRIAGETEAM

COACHING FOR YOUR BEST MARRIAGE

marriageteam.org | 360.450.6042



Premarital Coaching Creates A Great Foundation

My fiancée and I had an amazing coaching experience.

Our coaches were well prepared and truly cared about our relationship. We have learned how to express our feelings more comfortably and learned a lot of valuable skills that have helped us maintain open communication and resolve conflicts. The curriculum was well planned and organized, and we learned a lot each week.

- MIKE | GRESHAM, OR

The workbook and coaching sessions were great!

As we prepared for marriage, we didn't have any recurring, major problems, just normal relationship hurdles. We had great coaches who taught us new communication tools and problem solving strategies. Our communication has improved and my fiancée has been micromanaging me less.

- JOHN | VANCOUVER, WA

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PREMARITAL COACHING HELPS COUPLES APPRECIATE ONE ANOTHER'S DIFFERENCES AND FORM A LASTING CONNECTION. IT COMBINES INSIGHTS GAINED FROM A PERSONALIZED ONLINE INVENTORY, RELATIONSHIP SKILLS AND THE MARRIAGETEAM COACHING™ PROCESS.

MarriageTeam is a Christian nonprofit that provides coaching and support for men and women preparing for marriage as well as couples who are struggling in their relationship. Our coaches are highly trained and care deeply about helping you.

Through premarital coaching, you'll learn healthy ways to engage with one another that will help create a trusting and transparent relationship. You'll also evaluate your strengths and weaknesses, consider relationship roles and responsibilities, look at relational and financial expectations and learn to appreciate your differences. Lastly you and your fiancé will be introduced to creative conflict resolution skills to help you get off to a great start for a new future together.

Men and women each bring their own way of doing things into their relationship. Sometimes, those ways

can be in conflict with each other. When you can start your relationship with the commitment to let go of old ways of relating and develop new ways that work for you both, you'll be able to get your marriage off to a strong start.

We were close and felt ready for marriage, but there were big topics that had not come up in conversations. This program did a great job bringing up those topics and now we feel more prepared. We have grown closer, and are more understanding and aware of each other's perspectives.

- ADRIAN | EUGENE, OR

Our coaches will facilitate a process of discovery to help you explore your relationship and find the "hidden" issues that can fuel struggles and disagreements.

Please call us (360.450.6042) if you would like more information about premarital counseling; or you can quickly apply online at marriageteam.org. It will be our pleasure to serve you!