

What is Marriage Coaching?

Have you been through marriage counseling without any real change? Are you ready to take a different approach? Marriage Coaching can help. While counseling is beneficial in many cases, Coaching produces action, and action produces change. As every session includes action steps, progress is inevitable. Christian Marriage Coaching can take you from where you are in the marriage to where you would like to be. Remember, 96.5% of Life Coaching clients are successful in reaching their initial coachable goal!

You may be stuck in a certain area of your marriage. It would be easier to throw in the towel...yet you may feel that is the last resort. Ask yourself this question: "If things continue as they are now, where would I be in 5 years?" If you are uncomfortable with that answer, it may be time to make some progress; it may be time to partner with your own personal expert on change...a Coach.

One primary reason Life Coaching is a successful avenue of help to marriages is found in the fact that coaching is about taking responsibility for one's own part of the solution. Often times, one person in the relationship simply isn't willing to make change. Life Coaching can help you to respond in the most appropriate way possible. Furthermore, as you begin to respond differently, you will find the patterns and habits in your marriage begin to change.

Often couples find it helpful to have a weekly individual session as well as a monthly call with husband, wife, and coach. Marriage Coaching develops a plan that is unique to your marriage. The goal is to help both you and your spouse come to a place of taking responsibility for what can be done to make progress. As both you and your spouse take action, change is inevitable!