

# PRE-MARITAL MENTORING/COACHING AGREEMENT WITH JOHN & JANE DOE

## Information for Couples

### ABOUT THE DOE'S

We love to help engaged couples prepare for marriage! Unfortunately, we have witnessed the impact divorce has on a family and their group of friends and extended family. Many of these break-ups could have been prevented.

We got off the sidelines several years ago, and began mentoring engaged and newlywed couples. We use some of the best marriage-building tools available, including PREPARE/ENRICH (a relationship inventory), and C-PREP (Christian Prevention and Relationship Enhancement Program). On a regular basis, we conduct marriage enrichment classes and retreats with the marriage ministry at ABC Church.

We have been married since 1990, and have two children. We have experienced the peaks and valleys of married life, and feel if we can help couples avoid some of the foolish mistakes we've made, and attain some of the relationship skills we have, your marriage will be stronger because of our time together.

### PHILOSOPHY OF PRE-MARITAL MENTORING

Our passion in life is to help couples live the *Full Marriage Experience* by cultivating a healthy and vibrant marriage relationship. This kind of marriage does not happen by accident, nor does love simply lead the way. As with any relationship, it takes effort, time, wisdom, knowledge and growth.

Over the years, we have been trained in a number of marriage programs and resources, reviewed numerous research reports that confirm the importance and positive impact of a healthy marriage; and continue to experience the rich depths of a strong marriage relationship. All of this has bolstered our deep conviction to help engaged and married couples experience all marriage has to offer.

The pre-marital education you receive is designed to be fitness training for your relationship. Our role is to facilitate the process so you read the workbook, discuss issues, and develop skills necessary for a healthy, growing marriage. This is not counseling or therapy, and does not attempt to be. We commit to come along side you, pray for you, and be here for you. We guarantee you will learn more about yourself, more about the one you desire to marry, and more about yourselves as a couple.

### PRE-MARITAL MENTORING SESSIONS

In the materials you read, and in our time together, you will be exposed to a combination of the latest techniques and skills in relationship development, with the age-old principles for healthy relationships that have proven themselves throughout the generations. As Christians, we place a high value on the principles of the Bible, a book about relationships that has guidelines on marriage that cannot be overlooked. In fact, modern day research on relationships and marriage unintentionally support and uphold these ideals. With this said, we respect your rights to grow in the spiritual path you have chosen for yourself.

We will use *Before "I Do" – Preparing for the Full Marriage Experience* by K. Jason Krafsky. The workbook is designed to maximize personal introspection and couple interaction. It covers all of the crucial issues and topics you and your mate need to prepare you to live the *Full Marriage Experience*: a vision for marriage, conflict resolution, budgeting, spiritual issues, communication, and sex and intimacy. In addition, each of you will also complete the PREPARE Inventory from Life Innovations, which will help us better coach you in our time together.

In all, there are ten sessions, nine before the wedding and one after the wedding (around your first anniversary).

### CONFIDENTIALITY

Confidentiality is a vital element of our times together. Your identity and work together in building a stronger relationship with your partner will be kept in strict confidentiality with the following exceptions:

