

## COUPLES COACHING SESSIONS

The Couples Coaching sessions are similar to our Personal Coaching programs. These sessions are designed for honest, courageous and committed people who believe in a possibility for their lives that is bigger than their resignation for themselves and their relationship. For people who are willing to look at themselves and see what is possible in their relationships and willing to create and invent it.

You and your partner will foster honest and effective communication that makes a difference with each other and what you are up to.  
You will gain higher self-confidence and personal effectiveness in achieving your relationship dreams.

You and your partner will be trained to create and invent a new set of operational practices that allow you and your partner to pursue your goals and be effective.

### How it works

In this setting, we work with both partners on issues that the couple is committed to resolve. These could be issues such as relatedness, communication, teamwork and understanding. The method and techniques are similar to the techniques used in the personal coaching program, but they are adapted to the couple's relatedness structure.

In this program, we listen to both parties as equal. We create a safe environment for partners to express themselves fully and freely.

- The Basic (Relating to the reality of your world)**  
**And The Advance (Inventing your vision & planning it)**  
24 hours – 12 months program - 2 call a month
  
- Masters – I (Creating & building your mastery)**  
**And Masters – II (Maintaining your mastery & power)**  
24 hours – 12 months program - 2 call a month

## Benefits

- Communicate without resistance.
- Shift attitudes from apathy to commitment.
- Effectively relate to other person and what is important to them.
- Shift the mindset from problems to solutions.
- Have a clear and workable structure for fulfilling your relationship vision and goals.
- Understand yours and your partner's operational behaviors and reduce stress and resentment.

## Note:

- If participants signed up for both The Basics/Advanced and Mastery I / II at the same time they would get 3 extra hours (2 hour to The Basics/Advanced and 1 hours to the Mastery I / II) with no additional charge.
- These extra hours does not apply in the case of the discounted rates.