

## Testimonial Briefs

Dec 2017

Our coaches were patient and well trained. I felt like they genuinely cared about our success. They taught us skills, helped us apply them and gave us useful feedback on our results. Our relationship was strained before coaching. Now, we both see that we are willing to work on our relationship and communicate with more patience. We also became more aware of our faith in God and pray more often. Wife, Vancouver, WA

Coaching teaches skills and practical steps to start communicating again. Having a couple coach us balanced out the perspectives. Our coaches understood us. They were awesome at listening and helping us understand our feelings. Before coaching, communication was basically shut down. I felt shut out of my husband's world. We now communicate our feelings and reach out to each other. We are not so defensive and we have a desire to learn together. It is a great program! Susan, Vancouver, WA

Nov

I learned a great deal about myself and my wife. Our coaching experience was amazing. The coaches asked the tough questions that needed to be asked to make our relationship grow. Our relationship before coaching was troubled. We wanted improvement, but didn't know to get there. We now have great communication skills, better self-awareness and respect for each other's feelings. Russell, Winston, OR

Our coaching experience was very good. The coaches were very accommodating of our schedule. The observations of our behavior and manners were usually spot on – and we gained insight into why we may be feeling that way. Our relationship before coaching was tense. I am now becoming more comfortable expressing my feelings and “volunteering” information I would usually keep silent with. I have already recommended this program to others. David, Vancouver, WA

Oct

Our coaching experience was positive, tumultuous, stretching and helped us to improve the relationship instead of experiencing it disintegrate. We were hoping for something different than counseling that would give us skills to move forward. The communication tools were most immediately helpful. Before coaching, we didn't have the skills or know how to express our thoughts and feelings and be ourselves. This may have been a last hope for finding help. We are a lot happier now. We are able to talk about deep and emotional issues in our lives. After 30 years of poor interpersonal relationship, things are changing. Couple, Loveland, CO

Our coaches were great at getting us to open up and discuss things that really needed to be discussed. The coaching experience helped us figure out how to communicate effectively. Our relationship lacked communication skills and felt like it was held together by a string. I feel we now have a deeper understanding of each other and our communication has improved. I was considering divorce before coaching, but I'm not now. Wife, Portland, OR

Sep

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Coaching proved very helpful. The coach couple was there to guide us through the process in a personal way. Although it was difficult to talk about our struggles, we both felt we needed someone else to be there for us to be able to resolve our marriage/communication issues. Our coaches were very understanding, encouraging and patient. Before coaching, our relationship was very frustrating and it seemed separation (if not divorce) would be the next step. We now have better communication, with less frustration and anger. And we have tools to help us get our points across when dealing with negative feelings. Wife, Wilsonville, OR

Aug

I was very hopeless and felt like nothing could help, but I was so wrong. Before coaching, our relationship was near failing, hateful and not healthy. Coaching was eye-opening, amazing and one of the best things I've ever done. I've never been closer to my wife! Terry, Camas, WA

This "style" of coaching was good for us because it put the responsibility on us as a couple to work things out while giving us the communication tools to do so in a positive way. The experience was positive and encouraging. It was generously and graciously balanced with accountability. Our relationship before coaching was a vicious cycle of hopelessness and frustration. We now have positive and encouraging communication, a gentle touch like never before and fulfilling emotional and sexual relations. John, Wilsonville, OR

July

Coaching was better than counseling because the focus was on action to improve our marriage. Having coaches as an example, was very inspiring. Our coaching experience was very customized, with applicable action steps created at every session. We learned a lot about how to connect and communicate. Before coaching, our relationship was very turbulent and dysfunctional. We were on the brink of separation, with limited communication skills, lack of intimacy, and disjointed perspectives. Now, we have learned how to communicate more effectively with active listening and I Statements. We are slowly making progress toward true intimacy. Rachel, Vancouver, WA

I had fairly high expectations going in and our coaches exceeded those. They were a perfect match for us. My wife is often skeptical and she was very pleased also. The coaching was consistent, practical, real, challenging, straight-forward and valuable. Before coaching, we had minimal communication. Our relationship was closed, frustrating and going backward. We had poor conflict management and it was difficult in almost every way. My wife has opened up considerably and I have relaxed and am accepting things more readily than before. Brian, Portland, OR