



MARRIAGETEAM

Empowering Couples *for* Winning Marriages

Couple Reviews

We had been fighting all the time and neither of us was being heard. I felt unwanted and unloved. Our coaches helped us understand where each of us was coming from and how to express our emotions without attacking the other person. They truly understood the dynamic of what a healthy God-centered relationship looks like and helped show us that. My husband decided to be in the relationship 100%, and that shifted my perspective and how I knew he saw me. Rebekah, Vancouver WA 7/3/2018

Coaching made me think about what I was doing each day in every interaction with my wife. There had been a lot of tension, distrust, giving up on communication and avoiding issues. Our coaches did a great job of identifying root causes that we were blind to. We now have more trust. Coaching exceeded our expectations and we are no longer considering divorce. Charles, Vancouver, WA 7/3/2018

I did not think coaching could have as much impact as it did. We had never invested time to work on our marriage. Our relationship was a little shaky before we started. Coaching was balanced, impactful and got things on the table to look at and discuss. We now stop to think and have tools to help us work together. Sam, Vancouver, WA 6/28/2018

Our coaching experience was great. We learned a whole lot about communication and are still digesting the nuggets. While we communicated regularly before coaching, we didn't have the appropriate skills to resolve conflicts. We learned how to complement each other and resolve conflicts by both collaborating to come up with win-win solutions. We communicate better and have a better understanding of each other's personality. Liz, Tallahassee, FL 6/16/18

I knew it was important to prepare for marriage, but I didn't know how detailed and structured premarital coaching would be. I got a lot out of this experience and hope to be able to use it when needed. Having a black Christian couple with real life experience was an amazing bonus. I would do it all over again. We now have tools to use for those "what if" moments. Vasheeta, Portland, OR 6/16/18

It was an enriching experience and both our coaches were phenomenal. Our coaches weren't just focused on ticking a box but more on ensuring that our marriage had all the tools it needed to survive and thrive after sessions. Our relationship was lacking connection and we were focused too heavily on the negatives in our relationship. Coaching made us see ourselves as individuals coming together and taught us how to show more appreciation for our core differences. The tools we learned in coaching helped us connect on a deeper level. Wife, Portland, OR 6/15/18

Before coaching, we were living separately and even dating other people. We barely spoke and if we did it was hateful. Our divorce had been planned and negotiated with a mediator. I was hoping to get over him and never have to deal with our mess again. We were nervous and uncertain when we first started coaching, but ready to be good students. Our coaches were warm and hospitable as well as down to earth and experienced. They made the process safe and as comfortable as possible. I felt listened to and respected at all times. Ultimately, our relationship changed due to commitment on my husband's part to make a real effort to do the work and my commitment to accept this process. Coupled with some work together in our personal life, coaching was a great experience even with the tough parts. We have

reunited as a couple and are now living together again with plans to be together for good. We parent together and are building a future with plans for fun and work and a happy life. We still have things to work through but the training we got in coaching helps remind us that our commitment is to each other and we can work it out with the right tool or agreement. Josephine, Vancouver, WA 6/15/18

Our coaches were knowledgeable, professional, caring and patient. It was an excellent interface at the right time as I worked with my personal psychologist. We used to have poor communication, anger, frustration and revisiting the past instead of moving forward. I learned many skills to make the communication work. We are a team with working team skills. Virginia, Washougal, WA May 2018

Our coaching experience was unique. We made more progress in 3 months of marriage coaching than 15 months of marriage counseling. We have developed skills to effectively listen and work towards resolution of persistent issues that were tripping points in the past. We are now confident of improvement. Issues are out in the open where we can deal with them as a couple in a positive way. Terry, Washougal, WA 5/18/18

Our coaching experience was challenging. It's hard to be vulnerable in front of strangers, but it is something I advise every couple to go through. We had been in a self-destructing spiral. It was eye-opening to realize how broken our communication was. The information we learned in coaching was truly amazing. We are now seeking God's guidance for our family. Slavic, Vancouver, WA 5/3/18

Our coaches and the Holy Spirit lead us the whole time and we learned how to better communicate because of the day to day example they provided. This couple loves the Lord and it was so evident in the way they helped us. When it came to communication, we were failing miserably. We were able to learn how to communicate and listen to help the other be heard. Yelizaveta, Brush Prairie WA 5/2/18

We had a fantastic coaching experience! Our coaches were great at helping us see things out about ourselves and understand more about each other. We also learned great strategies for problem solving. They reminded us to follow the strategies, which were very helpful in effective communication. We are working through our problems together more effectively now and know how to approach each other better. Shellie, Beaverton, OR 5/1/18

I wasn't sure what to expect, but I feel blessed to have met our coaches. They helped me in many ways and gave me a new understanding of communication within a marriage. We used to have poor communication skills, arguing, name calling and distance between us almost daily. We barely argue and have disagreements only once in a while. Anna, Vancouver, WA 4/26/2018

I didn't know how we were going to make it in our marriage. It seemed hopeless, we were stuck and I felt like giving up. Our coaches were encouraging and were able to speak from experience. We now have tools/skills to use when old habits creep in. We have been able to change how we interact with each other in a very positive way. Wife, Keizer, OR 3/29/18

My husband and I have been married a long time, raised a family and have successful careers and community. We also fought with words that were unnecessary and never achieved any progress. Tears, yelling, anger and loneliness were my experience and my husband reacted by shutting down and not being able to hear my needs. We have had the same disagreements and fights all these years. We look at things differently now after coaching. We have the same feelings but we process them differently. The coaches were the best ever! They used the exercises to promote growth in our relationship. We discussed our views and they taught us a view that we did not see before coaching. We were able to redefine what was important, understand how we have our own views, and move forward to a healthy sense of commitment. The tools we learned in coaching helped us communicate, have faith, forgive, and move towards celebration of all we have done right in our marriage. Cathi, Portland, OR 3/20/18