



MARRIAGETEAM
COACHING FOR YOUR BEST MARRIAGE

Couple Reviews

There was no light at the end of the tunnel except divorce. Our relationship was horrible. Our coaches were amazing! Many times they believed in us more than we did ourselves. Our communication and intimacy has grown leaps and bounds. Our experience was nothing but a miracle. They helped save our marriage. We are staying together and it gives our kids both parents. We have turned to Jesus, which was unimaginable before coaching. Melissa, Vancouver, WA 12/10/21

Our coaches were very engaged and went above and beyond in their efforts to support our growth. They were very personable and very patient. Our marriage had been rocky. We lacked communication and a true understanding of relationship dynamics. We have learned how to communicate more effectively which allows our relationship to grow. Jeff, Vancouver, WA 12/10/21

Our coaches were wonderful and patient. Full of compassion and grace and honesty. Overall, coaching was very helpful. Our relationship had been stressful, resentful, lonely and disconnected. My husband was really reluctant but by the end of our sessions, we were so much better able to have honest conversations about hard topics. Arguments and conflict don't seem as scary and intimidating as they used to be. We've been given a number of tools to help us communicate and better understand each other. It has helped us work more as a team and communicate things that we want our family to be about. It has given me more patience and compassion. Wife, Junction City, OR 12/8/21

Our relationship was toxic, draining, depressing and hopeless. We had a great experience in coaching. It was very, very positive and relatable. We listen a lot better to each other. Our fights are now few and far between and they resolve faster. It gave us a nice foundation and example to set for our kids. We had a great coach couple and it's a great program! Thanks so much for the impact you have made in our life. Timmy, Troutdale, OR 10/18/21 Coaches Webinar 10/26/21 Coaches' EM Nov 21

Our coaches were excellent! I had done counseling in a previous marriage that was expensive, ended in divorce, and caused the therapist to have to call me later to apologize. This was a completely different experience! Coaching created an environment where we would hear each other and learn to communicate more effectively. We opened up, caused each other to experience emotions, and became stronger as a team. Our coaches shared stories, relevant bible passages, and kept the environment fun, educational, inspirational, and productive all at once. They made us feel that they were there for us, cared about our success, and as if we had known them forever. I have a deeper understanding of my wife, her triggers, my triggers, and issues that I didn't think were issues and now we have tools and awareness to make sure they don't become divisive in our marriage. Michael, Vancouver, WA 10/11/21 Coach Email Oct '21

We lived together but didn't necessarily enjoy being together before coaching. Our coaches were the best! They genuinely care about couples. The program walks you through tough topics. The biggest improvement is in our communication and listening to each other. I-Statements help understanding. Problem solving gives a good structure to walk us through an issue and helps us come to resolution we could never find before. Eddy, Vancouver, WA 9/6/21 Coach EM Nov '21

We had a habit of avoiding conflict and difficult conversations, and weren't skilled at expressing ourselves or properly listening to each other. Our coaches made us feel at-ease and never judged. They offered wise advice, helpful examples, and needed challenges. It was challenging, but it was extremely helpful in our growth as a couple and our coaches were the best! We know how to approach the other spouse with difficult things so we have less avoidance and more resolutions. It helped me realize some areas in life where I don't fully trust God and how I was reflecting that onto my partner. Katrina, Sutherlin, OR 9/22/21 Coach Email Oct '21

It was extremely unique having a mix of pre-marriage and marriage coaching due to a previous divorce and a new godly marriage. We are able to speak more openly about what's on our minds and hearts and lean into hard topics and problems before they get bad. It has been good for our new family and hopefully provides us a strong foundation to grow from. Coaching has brought up the importance of a shared part of our spiritual life. It's not just me anymore. Thomas, Sutherlin, OR 9/22/21

We were newly married and fighting all the time. Our communication and understanding of the other was not good. We were not a team. Our coaches were amazing. They were committed to our success and very relatable. They had the personal experience that we needed to be coached from in order for us to make changes and give us hope. Our friendship and love is deeper. We communicate better. We listen to understand. Our intimacy and sharing has increased and drawn us closer to each other. There is more peace in the house. The kids aren't as stressed or on edge because we are working as a team. Our coaches were a gift from God to help restore and strengthen our marriage. The Lord knew that they were the perfect fit for us. Jennifer, Placerville, CA 9/13/21

We were newly married and in desperate need of better conflict resolution. We were very lost on how to deal with our differences. We thought coaching was a lot better than what we were expecting because not only was it relatable, there were action items to complete together. We appreciated the content and the ability to have conversations around this in a safe space. We are more patient in our responses and feel that we have the tools and steps to resolve conflict. We work together on our decision making. We are more inclined to listen to each other's perspective. Andrew and Jassey, Atlanta, GA 9/8/21 Coach EM Sep '21

I had high expectations, having heard a lot from others about their coaching relationships. Our coaches met my expectations with their honesty and commitment. They guided us honestly and laughed with us and encouraged us through difficult conversations. We tend to be combative. Now, we are communicating in a less adversarial and more empathic way. Our child witnesses less bickering and more synchrony. I understand the need to pray for and with each other more than before. Catherine, Portland, OR 8/24/21

We were on very rocky ground. I was not talking or expressing my thoughts. We were just existing. In coaching, I had to overcome my insecurities and lack of tools. Having the descriptions of feelings/emotions really helped. The "I Statements" were huge. I now find a twinkle in my wife's eye again. I am able to express myself, which opens my communication with my wife. I am more relaxed and confident around my wife. Scott, Roseburg, OR 8/18/21 Coach EM Sep '21

We've never done coaching like this and I must say the sessions exceeded my expectations! The coaches went above and beyond to meet our needs. We had no idea we had issues communicating, but we found out we did. After coaching, we were able to pin point communication problems and address them from a different platform. Coaching gave us tools to communicate better. We have found that we can also use these tools with family and friends. Our coaches were amazing and I always felt the hand of God during this process. Ana, Doral, FL 8/4/21

We were dealing with anger and resentment. We felt helpless to change and stuck in toxic behaviors and thinking. We were given the tools to overcome differences, strong emotions, conflicts and stagnating in our relationship. The relationship turned more into a teamwork experience. We see each other as a team and put more time and effort into each other and use the dynamic plays to solve problems. Rebecca, Frederick, MD 7/26/21 Coaches' Webinar 11/22/21

We gained a great number of tools to help us better communicate with each other. We discussed tough topics that were never considered before coaching. The guidance we received in discussing these hard topics gave us different perspectives and understanding of what we want as a couple. We loved our coaches! They were absolutely amazing. They never judged us, never sided with one person and gracefully guided us through this journey. Now, there is no more silent treatment and more transparency with our feelings and what we need as individuals. I learned to pray for my fiancé and put my trust in God. Before coaching, I was a control freak. I would try to control/change him. Our coaches taught us how to forgive and surrender our control to God. Gina, Portland, OR 7/27/21 Coaches Webinar 8/31/21

We were looking for improvement in our relationship and regular counseling wasn't cutting it. Coaching was not what I expected, it was much, much more. It was insightful and wonderful. Our coaches were both so loving and caring. We have warmer hearts, less arguments that end in yelling and we get to the end result quicker. We feel so much closer to God and as a couple. We are kinder and more patient with our children and we are seeing really good things. Sara, Kansas City, MO 7/26/21 Coaches EM Aug '21

It was hard for us to communicate truth in love before coaching. It was great to have our coaches' support and encouragement as we learned new skills. We have learned how to communicate effectively and strategies to help us through conflict. Coaching has had a positive impact on our children. We're learning to communicate well which helps and teaches our kids to do the same. In terms of the spiritual impact of coaching, it's humbling to remember that holding onto pride doesn't produce the fruits of the spirit. We're learning to connect the emotional and the spiritual better. Hannah, Frederick, MD 7/21/21 Coaches EM Aug '21

Our coaches were awesome! They helped us tremendously and were really understanding. What I obtained while doing marriage coaching has helped shape my relationship with my wife and family. After coaching, I feel as if I, and my soon to be wife, know what we need to do as husband and wife. It has helped me open up and learn more about myself and soon to be wife. Jerry, Portland, OR 7/16/21

Our coaches were great! They really helped us learn new tools to put in place to help us understand and communicate with each other better. Our marriage had been rocky, and we felt disconnected and misunderstood. We now have better communication, more patience and more willingness to understand where the other is coming from. Coaching has had a great impact on our family. We are getting along better in general and not acting as single individuals. We've always wanted to find a church of our own for years. I think we'll be more motivated to plant our roots somewhere. Janice, Vancouver, WA 6/5/21

We were having a major communication breakdown before coaching! There was a lot of hurt feelings and defensiveness. It definitely felt like I was mostly seen as an enemy. Our coaches were able to listen, observe and interpret what either of us was saying in a way that made more sense. I now hear my husband reminding himself, "If it doesn't work for the team, it doesn't work!" The agreements give us a common ground to hold each other accountable and promote good communication. The "active listening" process has really helped us stay on track during conflicts. I used an "I feel" statement with my 13 year old son today, and he apologized without prompting, rather than making excuses. The kids seem more relaxed. Wife, Elkton, OR 6/3/21 Coach Email Jul '21

I was not raised with any good relationship examples and therefore had no idea how to communicate properly and it was causing us a ton of issues. I realized how many personal issues I have that make it very difficult for me to have a healthy marriage relationship. Our coaches went above and beyond what is required as coaches to get us the help we needed. I am now much less stressed from my past issues and more mentally engaged with my family. My experience was far beyond what I expected and I am very satisfied. Christian, Longview, WA 5/25/21

I really appreciated the time and effort our coaches put into giving us both time to think, respond and ask questions. They left nothing unfinished. They helped us get to the root of every conflict and made sure our agreements made sense to us. The experience was comfortable, open and honest and accountable. We had struggled to have open, honest communication. I feel like I am a better listener. We have agreements set in stone to deal with our recurring conflicts. He is better at speaking up and I am better at not escalating during arguments. I know when to ask for a break and come back calmly to resolve. Overall, our home has a better atmosphere - calm. Yes, there is still conflict, but it doesn't take over. Karla, Roseburg, OR 5/8/21 Coach Email Jun '21

My wife and I have loved each other, but had difficulty communicating our thoughts and feelings. If we went unchecked, we were at risk of our relationship deteriorating. I wasn't convinced beforehand how meaningful and effective the coaching experience would be. Our coaches did a great job and I had a very positive experience. Our coaches took the time to make sure we answered things completely and honestly so that we could get things off our chest and be more open with each other as a couple. We are making better efforts to spend meaningful time together. We also are watching our words to make sure we uplift each other rather than tear each other down. Prayer is meaningful and we appreciated how they used it in coaching. Husband, 5/8/21

Our relationship was improving but stuck. We didn't know how to stop the vicious communication cycle. Coaching was faith-centered, balanced, naturally flowing, encouraging and unbiased. We have much better communication, oneness and are back together in the same house. Our kids were amazed that God was able to repair us. All glory goes to Him. Cole, Cary, NC 5/5/21

I could tell that our coaches cared about us and truly wanted us to succeed. They could use examples from their own lives because they were practicing the same technique they were teaching us to use. We were newlyweds so our problems weren't horrible yet, but I could see things that would get worse or wear us down as time went on. We didn't know how to listen to each other and we definitely didn't know how to bring God into the relationship. Now, we pray every night together and read the Bible. We know how to communicate our feelings in a healthy way and how to listen. Dianne, Palmyra, MO 5/2/21, Coach Email Jul '21

It was a very good experience. It helped us become closer to God and become better Christians and gave us the tools and skills we need to succeed in marriage. Trace, Palmyra, MO 5/3/21

Our communication was lacking and could cause issues since we didn't fully say how we felt. Our coaching experience was very positive. They asked very insightful questions that sparked discussions and growth. It provided me with more skills and insights than I thought was possible. We can more effectively communicate our feelings and what bothers us. We talk about things before they become issues. It gave us tools that we can use with anyone when needing to say how we feel or deal with conflicts. Riley, Portland, OR 4/19/21

Coaching provided us with tools for better communication and conflict resolution. We had had poor communication and resentment. Our coaches were always flexible and patient with us. Now we have improved communication, less stonewalling, fewer arguments and more peace overall. Marlon, Oakland, FL 4/15/21