

Couple Coaching Packages - The Relationship Matters Journey

I offer a series of coaching packages, however from past experience with couples and families, I have found that it is preferable to embrace your circumstances as unique. After our initial session, we will co-create a package with various tools and processes that will reconstruct and support your relationship journey. All the packages to some degree follow a similar path using the ACT Process.

COACHING PROGRAMME	YOUR PROGRAMME INCLUDES	OBJECTIVES OF YOUR COACHING	NO OF SESSIONS
Couple Check-in and Dealing with Specific Issues Couple Enneagram questionnaire and report is highly encouraged	Exploration of what has arisen. Various processes to connect & communicate & share perspectives. Identify individual's current needs, emotions triggers. Explore the 'US' relationship space & what is needed for it to flourish. Define shared goals that will support this intimate space.	You both want: A healthier & more successful 'US' Relationship Space whilst keeping the 'ME' spaces balanced. More collaboration between you, with direction & mutual support. Want to do Self-Work.	4 –8 sessions of 1 hour to 1.5 hours
Pre-Marital Coaching with the Enneagram	2x Enneagram test & report or Integrative Enneagram Couples test. Solidifying the relationship space with open communication to allow the couple to flourish. Exploring the other's needs, values strengths, expectations, personality & future family. Awareness around sustaining a healthy balance of love, intimacy, connection, and independence	You both want: The future relationship 'US' space to be safe & trustworthy for both individuals. Clarity that the relationship space is aligned with shared intentions and values. Awareness of each other's needs Tools to support ongoing open communication	5 sessions of 1 hour to 1.5 hours
The Relationship Space and Life Changing Event	Collaboration & communication about the impact of the life changing event on the individuals & the relationship space. Open discussions about changes, concerns, fears & possibilities for the future	You both want: To keep the relationship space healthy, trustworthy, safe and intimate whilst embracing & accepting the changes you both need to make	3 sessions of 1 hour to 1.5 hours