

Getting The Most Out Of Coaching

We want to help your marriage THRIVE, and not just survive.

To get the most out of coaching we ask that you give attention to several things:

Be open and honest. We cannot help you develop effective strategies for improving your marriage if we do not know about issues that sabotage your success.

We encourage you to find and regularly engage in a healthy Christian small group community. At LABC we call these Connection Groups. Thriving marriages surround themselves with couples that encourage good relational choices.

Pray. Talking with God should not to be a last resort, but the first response. Pray for your spouse, but focus on inviting God to show you the changes **you** need to make.

The primary resource used for Thrive Coaching is material developed by Drs. Les and Leslie Parrott called SYMBIS – Saving Your Marriage Before It Starts.

Don't let the title fool you. This is for anyone who desires a great marriage. Once you decide to participate in the coaching process, you will be emailed a link to an online assessment that both of you will take independent of each other. The cost of the assessment is \$35 a couple. This assessment provides us with an objective, statistically reliable baseline to use in the coaching process.

After taking the assessment, we ask that you then go online and purchase the companion book and workbooks. The cost of the book and workbooks depends on format (digital/hard copy) and whether you chose new/used. Check for best deals on Amazon, etc., but make sure you are purchasing the 2015 Newly Expanded Edition. Your coaches will let you know before each session what chapters to read and which exercises to complete.

We have determined that four two-hour sessions allow us to go thru the SYMBIS material at a reasonable pace. You and your coaches will determine when, where, and how often you meet to facilitate these four sessions.

Please give a full effort to the process. Slot machine relationships – put a little in and hope to hit the jackpot – do not endure, and never THRIVE.

If at any time you decide you need to suspend or end the coaching, you can do so. Just let us know by sending an email to thrivemarriage@labc.com, attention LaRue. It would be helpful for us to know your reason. We desire to always be improving.