

Thrive Marriage Coaching Frequently Asked Questions

What is marriage coaching?

No matter whether you are talking about sports, careers, or marriage, great success has a recurring theme – good coaching along the way.

Thrive Marriage Coaching is an intentional marriage mentoring relationship designed to help both engaged and married couples build a healthier, more fulfilling marriage by connecting with a coaching couple. Coaches are not experts; rather, they are a resource – providing tools, support, feedback, strategies, and guidance to help you improve your marriage. Coached couples determine what is best for them, and choose to accept or reject the coaching advice they receive.

Who are the coaches?

Thrive Marriage Coaching is part of the Thrive Marriage Ministry of Lake Arlington Baptist Church, and all coaches are active members at Lake Arlington Baptist Church. While the backgrounds, occupations, and life experiences of our coaches are varied, they have a common desire to use what they have learned from their own ups and downs to encourage and strengthen other couples. Coaches are Certified SYMBIS Facilitators (the primary resource we use), and receive ongoing training, direction and support through our marriage ministry.

Is there a cost?

There is not a fee for marriage coaching. Our coaches choose to invest their time with you free of charge. The only cost is for materials.

What materials do you use?

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 for you as 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.

What does the coaching process look like?

The coaching process is initiated when you submit the Thrive Coaching Request Form, found online at www.labc.com/thrive. You will then receive a call from the Program Administrator, LaRue Laymance, to follow-up on your request.

Next, you will be contacted by one of our coaching couples to set a time for what we call Just Coffee – an opportunity for you to talk about the process and discuss what you would want to accomplish. There is no commitment on your part to go beyond Just Coffee. If you decide this is not for you, no problem.

We have determined that four two-hour sessions allow us to go thru the coaching resources at a reasonable pace. Should you decide you want to move forward, you and your coaches will determine together when, where, and how often you will meet to facilitate these four sessions.

What if we have a specific issue for which we want help?

Coaching involves a wide variety of topics and issues common to all marriages. However, when we know a marriage has some specific challenges, our goal is to match couples with coaches based on those challenges. For example, if you tell us that you would like help with blending families in a marriage, we will try to match you with coaches who have navigated that successfully. Please note on the Request Form any specific issues you are hoping your coaching couple will help you with.

Coaching couples may recommend you pursue professional counseling instead of or in conjunction with coaching. They may also suggest that a support group could be beneficial. You can choose to accept or reject their advice. Please know that our coaches have the responsibility to end their coaching relationship with you if they do not believe they are adequately equipped to provide the coaching you need.

What if we start the process and then need to end or suspend the coaching?

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.

Do you coach same-sex couples?

No. As a ministry of LABC, we affirm the church's belief that marriage is to be the union of a man and a woman, as described in Genesis 1:27-28 and 2:18-25.

How do we contact Thrive Marriage if we have additional questions?

Contact the Program Administrator, LaRue Laymance, at thrivemarriage@labc.com.