



# COACHING to CONNECT

*Practical help for productive relationships*

SAMPLE

# Manual

For Sponsor Couples

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SAMPLE

***Coaching to Connect***

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# INTRODUCTION

Congratulations on being invited to mentor engaged couples into the journey of marriage! This is not only a tremendous responsibility, but it is also a great opportunity for you and your spouse to renew your love for each other as you share the blessings of your relationship with a younger couple.

This manual will guide you through four learning sessions with an engaged couple that will give them the tools they will need for a lifetime of happiness. In the first session, you will help them explore the concept of the Love Bank and the power of attraction in a loving relationship. The second section will focus on identifying their top emotional needs and developing a plan to meet those needs daily. The third session will help the couple to discover and eliminate love-busting behaviors in their relationship and prepare them to identify others that may need to be avoided in the future. The fourth session will prepare them for the challenge of parenting and offer them practical tools and strategies for building a partnership approach in their relationship.

Two key books that you should read prior to preparing a couple for marriage are *His Needs, Her Needs* and *Love Busters*. Both were written by Dr. Willard Harley of Marriage Builders and are foundational to this manual. Another book that will be very helpful to you is *Seven Principles for Making Marriage Work* by Dr. John Gottman. The work of the Gottman Institute is also foundational to this manual. Finally, you can keep your marriage perspectives fresh by finding and “Liking” the Facebook page of Coaching to Connect. You’ll receive regular posts in your newsfeed that will lead you to helpful articles, videos and resources for marriage.

You and your spouse are the witnesses to what a good marriage looks like. Your experiences and your stories will make this program effective. Use the manual as a tool that helps you to build some structure around the way that you will share your wisdom with the engaged couples. There is ample room for taking notes on these pages. Use the room to personalize your session plans.