



Marriage Coaching Participant

One Sentence Description

A participant in Crosstrain Marriage Coaching will be committed to receiving coaching and to pursuing growth, restoration, friendship, romance and impact in their marriage.

Mindset:

A participant will come to marriage coaching with an open and honest heart and will be fully committed to growing a Christ-centered marriage recognizing that all these efforts take place under the grace of God.

Expectations:

1. Complete the Prepare Enrich Assessment with your spouse.
2. Attend the kick-off retreat.
3. Develop a marriage action plan with your spouse.
 - the plan will be made in connection with the 5 marriage pursuits and the Prepare Enrich Assessment
4. Commit to personal coaching. (spiritual, emotional, physical resiliency)
 - the men will continue with their Crosstrain coach every month
 - the women will receive personal coaching every other month (6 sessions)
5. Commit to marriage coaching.
 - each couple will be coached according to the action plan they develop
 - there will be 6 marriage coaching sessions each year
6. Complete assignments in between each coaching call that correspond with the selected pursuit. Assignments may include: reading, watching, listening and/or discussion.