

crosstrain

MARRIAGE COACHING

Experience the difference that coaching can make in your marriage. Coaching is an opportunity for any couple that has the desire to strengthen their marriage relationship and make it even better. You will learn relationship skills, create goals, and receive monthly coaching and encouragement to accomplish your goals.

What is Coaching?

Marriage coaching is not the same as counseling. Counseling often looks at the past to help you better understand the present. Coaching focuses on helping couples better understand one another and assists in creating plans to grow. Coaching takes you from where you are to where you want to be and provides encouragement and accountability along the way.

How Is Crosstrain Marriage Coaching Designed?

Crosstrain marriage coaching is designed around 5 marriage pursuits:

1. **Spiritual Growth** – Pursue a growing relationship with Christ together
2. **Restoration** – Pursue better communication and conflict resolution
3. **Friendship** – Pursue a thriving friendship with your spouse
4. **Romance** – Pursue growing romance and physical intimacy
5. **Impact** – Pursue making a Gospel impact together



How Will Coaching Help?

- Create a plan to grow **spiritually** with your spouse
- Improve your **communication**
- Become a better **listener**
- Understand and apply the power of **forgiveness**
- Create a plan for **resolving conflict**
- Discover how to better **navigate emotions**
- Appreciate your **differences** and learn how to use them
- Grow your **friendship** & fun
- Develop a plan for physical **intimacy**

What's Included With Crosstrain Marriage Coaching?

- A Prepare Enrich **Assessment** to help you better understand the unique strength and growth areas of your relationship
- Content related to the **5 Pursuits**
- 12 one hour **coaching calls** for encouragement, teaching, and accountability
- A weekly marriage **blog**

Testimonial

"Some years ago, my wife, Jennifer, and I had the opportunity to attend a marriage retreat in the US. We very much enjoyed the fellowship and Bible study. We even tried to include some of what we learned at home. But one weekend proved too little to bring real change into our lives. Then, we joined Crosstrain Marriage Coaching. This program has offered us much more.

Jennifer and I have spent much more time together in Bible study and prayer – just the two of us. We have read and discussed marriage books. We have consulted with Christian brothers and sisters who hold us accountable and encourage us to grow since we are bought with Jesus' blood. We are forming new habits and more fully enjoying the blessings God wants to give us in marriage. I think it is a great way to strengthen marriages."

- Luke Wolfgramm

What Are Next Steps?

Email Ben or Carrie to ask questions, to set up a complementary coaching call, or to register for coaching.

crosstrainministries.com/marriage-coaching

Crosstrain Marriage Coaches

Pastor Ben and Carrie are certified marriage coaches. They have been married for 23 years and have 4 children.



Ben Blumer
ben@northcrossmn.org

Carrie Blumer
carrie.blumer@gmail.com



Paul Schuler
pastorschuler@salemwels.org

Tracy Schuler
appletonschulers@gmail.com