



LIFE CHANGE & TRANSITIONS LLC

Michele Coppola Wilson, Transitions Coach

Specializing in Marriage Reconciliation, Separation and/or Divorce

Offices in Tinton Falls and Manasquan, NJ

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PRE-MARRIAGE RELATIONSHIP/RELATIONSHIP COACHING

DESCRIPTION OF SERVICES:

The Pre-Marriage/Relationship Coaching for Couples Program empowers the couple by devising a plan that provides them with the best chance of a successful and happy relationship for a lifetime. The program has been successful in helping many Couples take a difficult relationship and make it a good relationship and then makes a good relationship, a great relationship.

Relationship Coaching, includes but is not limited to:

- a discussion of the strengths of the Couple both individually and relationally;
- a discussion of the possible pitfalls or struggles that currently exist;
- a discussion of the issues that may arise in the Couple's relationship and navigating an effective solution to those issues;
- an overview of a healthy relationship and the components that exist in order to determine areas of strength and improvement; and
- a discussion of the Couple's goals for the relationship, both short term and long term, in order to ensure that both parties are working towards a collective goal.

Note: This Coaching is not only for Couples considering Marriage. It is necessary for Couples that are contemplating marriage to ensure that they have all the components to be able to navigate the marriage relationship. However, this Coaching is also for Couples not considering marriage at this time, or at any time in the future.