



LIFE CHANGE & TRANSITIONS LLC
Michele Coppola Wilson, Transitions Coach
Specializing in Marriage Reconciliation, Separation and/or Divorce

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MARRIAGE COACHING

WHY I CREATED THIS PROGRAM

After my divorce, I met my current husband. We dated for two years and did everything we could to ensure that we had what it took to have a solid marriage. Since we were both divorced, we knew how things in a marriage could go terribly wrong and we didn't want that to happen to us again. We were told that our first marriages had a 50% chance of failing and our new marriage to one another only stood a 20% chance of succeeding. That made us very interested in what we needed to do to ensure that our marriage was divorce proof!

We attended a Marriage Encounter Weekend, where we sought advice from couples who had been married for many years. We learned some valuable tools that we had never learned before. We found out that we both needed to do some internal work within ourselves first so that we could come to the marriage in a healthier way. We were both motivated to do this and that is what made it work.

After that, I decided to become a Certified Connected Marriage Coach. I attended workshops and received training from several pioneers in the field of marriage. John Gottman, Gary Chapman, and Mort Fertel are among my favorites.

I learned the tools to make a good marriage-great and a great marriage-extraordinary. I have helped many couples discover how to find happiness again in their marriage and how to do the work necessary to have a deeply satisfying relationship. It is possible!

You may think it would be better to have a Marriage Coach that has one marriage that has lasted, and they have a secret. But I can assure you that working with someone who has been divorced opens the conversation to discuss how things can go terribly wrong and how to avoid those things from happening to you. I know what a good marriage is because I have experienced what a difficult marriage looks like. I am the perfect person to help you make sure divorce does not happen to you!

THE PROGRAM

Marriage Coaching is solution-based, brief therapy. Your marriage will improve in thirty days if you commit to my program.

There are three parts to the program which involve Three Keys to a Successful Relationship, connection, conflict resolution and individual "inner work". When I work with a couple, we discuss problem areas, but we focus on connection first. We spent two-three weeks on ensuring that you are friends, that you are able to communicate, and you are allies in solving your problems. Then we spend some time in Individual Sessions, usually mixed in with couples' session for another 2-3

weeks. The last 5 weeks focus on conflict and guiding you through different ways to negotiate disagreements.

I use my training as a Divorce Mediator, to teach you how to mediate any conflict in a manner that is solution-focused, and considers each partner's needs, expectations, desires and goals. If we determine that "inner work" is necessary, we may break for each person to get some outside help with professionals before returning to Coaching for another 2 months to solidify the tools they have learned to ensure that they are able to coach themselves through any difficulty in their marriage going forward.

My goal is to empower my clients to learn how to be Marriage Coaches and Mediators themselves so that they can rely on themselves and one another in the future.

You know the couples that are happy. You want to know their secret. Let me show you what a healthy relationship looks like and how to be healthy in it. Our coaching plan is customized to the needs of you as a couple. And I am committed as part of your marriage team to do all I can to help you reach an extraordinary marriage.