



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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COUPLE DISCERNMENT COACHING

DESCRIPTION OF SERVICES

The First 30 Days

Couples are asked to consider taking a minimum of thirty (30) days to do the program. Free time is given to hear the story, get updates during times between appointments, take “emergency” calls to manage a current conflict and emails providing additional tools. Couples can expect to schedule between 4-6 Couple Sessions, and 5-7 Individual Sessions during the first 30 days of the Discernment Program.

The Next 30 Days (Sixty Days into the Program)

For the next 30 days of the Discernment Program, the need for in-person sessions is less; but Couples still should expect to come 2-3 times.

Individual Sessions increase as the Couple learns to become more aware of their need for healing and to increase personal awareness and emotional responsibility as to what in the relationship is theirs to own and fix. If there is no change for the relationship to continue, healing for the Individual still needs to happen. The emphasis on the second phase of the program is on these concepts, both as Individuals and as a Couple.

The Final 30 Days (Ninety Days into the Program)

At this point, the Couple is more aware of what the Discernment Program is designed to do and they are ready to commit to the decision as to whether they are going to (1) repair and rebuild the marriage; (2) pursue a divorce; or (3) create a pause in the process to do some internal work and/or continue the process of continuing to heal before a final decision is made.