



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

Offices in Tinton Falls and Manasquan, NJ  
[www.mylifechangecoach.com](http://www.mylifechangecoach.com)  
[mylifechangecoach@gmail.com](mailto:mylifechangecoach@gmail.com) | 201-753-8485

## **PRE-MARRIAGE COACHING**

**You're in love and you think you are in it forever, but you are not sure. You want to make sure your relationship can last the test of time.**

**You know you love your partner, but can the relationship be better?**

**Are you friends? Do you connect emotionally? Do you have a healthy balance of being together but having time apart? Do you like to do things together? Can you depend on one another but also keep your independence and autonomy? Do you manage conflict well together?**

**Are there yellow flags you are ignoring?**

So many people are in good relationships, but they are not truly happy. They settle or they believe their relationship is good enough. They know things are “missing”, but they don't consider them dealbreakers. I call these yellow flags. They may not be a reason to end the relationship, but are they significant enough that they may, in the future, become a reason to end the relationship?

This is worth exploring.

Relationship Coaching focuses on a deep dive into all the components of any relationship and building into yours all of the necessary parts to explore “after the tingles are gone”. We discuss connection, intimacy, finances, communication, religion, and conflict resolution. We map out the goals for the relationship and for the individual in their lives so that we ensure the couple is heading in the same direction, together.

If you are thinking about getting married, we discuss the commitment of marriage. Since I have been divorced, and now remarried, I know how things can go terribly wrong. I know what a good marriage needs to be great; and I build that coaching into a program tailored to the couple ensuring that their relationship is divorce proof BEFORE they get married.

**We are taught how to get married, but we are not taught how to be married!**

Part of our Relationship Coaching involves Marriage Coaching so the couple can get a sense of what a married couple needs in their relationship for it to be deeply satisfying.