



*THE COACHING PLAN*

**GOAL: To restore, build and maintain a vibrant and triumphant marriage**

**MODULES**

**1. CONSULTANCY / FIRST MEETING**

**Presenting Issues**

\*Identify, explore and discuss the presenting issues

e.g. In-laws, Workaholic, Trust, Drinking, Helping with house chores, Verbal abuse, Sex, Lack of appreciation/affirmation, Third party,

**2. Identify and address the prevailing issues and the underlying causes**



### **3. Interventions**

\*Teach General Principles of a healthy marriage

- The principal cause of break-up in marriage and how to safeguard yourself against them

In-laws, Sex, Finances, Communication (listening), Conflict resolution

### **4. The major predictors of Divorce and how to avoid them**

Criticism, Defensiveness, Stonewalling, Contempt.

Explore and discuss the Basic Needs of the woman and the Distinctive Needs of the man. 27 needs of the woman/ man

### **5. Her/ his Needs (1-9)**

### **6. Her/ his Needs (10-18)**

### **7. Her/ his Needs (19-27)**



## Maintenance

**\*Ways to maintain intimacy:**

### 8. Celebrate each other: Novelty ideas

Understand each other's Love Languages:

**Word of affirmation, Gifts, Quality time, Hugs,**

**Acts of service, Physical touch, Love walks, Pillow talk etc.**

### 9. Practical tips on how to date each other again

e.g. Weekly date nights, Monthly cruise, Annual vacation

**Creative tips:** Re-ignite the sparks. Restore the chemistry

**For more information on  
how to enroll in the coaching plan,  
visit: [lloydallen.org](http://lloydallen.org)  
or email: [familyenrich@gmail.com](mailto:familyenrich@gmail.com)**



