

FAQ's for Coaches

What is Marriage Coaching? Marriage coaching is a GCF ministry to pair couples seeking assistance with their marriage with a coach couple that has been trained to help them work out their issues. It is a faith based curriculum.

How did the idea for marriage coaching originate for Grace? Grace had coaches trained for another regional, interdenominational coaching program known as MarriageTeam. This was a much bigger commitment for coaches and couples and had some limitations. The Grace curriculum was designed by a team of coaches and marriage health professionals to improve and streamline coaching. It has been beta tested with couples to fine tune it into the program it is.

How long does the coaching program take? - The coaches and couples meet for 2 hour sessions over 8-9 weeks, depending on the schedules of the people involved. It is suggested that 1 session per week is planned but schedules of participants may alter this timeframe.

What is the commitment for coaches? To complete the coaches training and to coach up to one to two couples a year.

I am not a trained counselor or professional. Am I qualified to coach? Yes. We are coaches, not trained counselors or professionals. Your experiences as a married couple and learning our marriage coaching curriculum at an in-person training session will equip you to coach.

What skills are needed for coaching? Coaches will not solve a couples problems for them, but rather will listen and help the couple listen to each other. Coaches need empathy, an ability to listen, ask clarifying questions, and have a desire to see marriages flourish.

My marriage isn't perfect, at times we struggle. Can I still coach? Yes. No marriage is perfect. What makes good coaches aren't people who never make mistakes in their own marriage, but people who recognize their mistakes and recover from them. Along with that is the ability to listen well and have a heart for others.

How are couples assigned to coaches? Couples are assigned based on coach availability, schedules of the couples and in some cases certain coaches may have had experiences that could specifically help a couple.

What kinds of topics are discussed in marriage coaching? During the training sessions couples learn about God's plan for marriage, how their backgrounds have made them who they are, how to appreciate each other's differences, how to communicate effectively when topics are difficult, resolving conflicts, forgiveness, problem solving, and more.

What happens in a marriage coaching session? Couples complete assigned reading which may also include self-assessments prior to the meeting. These topics and assessments will lead to discussions during the coaching session.

How much does marriage coaching cost? \$100.00 per couple and that includes the cost of two workbooks for the couple. If money is an issue for a couple, there are scholarships available.