

FAQ's for Couples

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.

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.

We are engaged to be married. Is Marriage Coaching for us? Yes. The 8 week session makes it ideal for couples preparing for marriage.

My marriage could use a little tune up, is coaching a good route for me? Marriage coaching works well in most situations such as premarital coaching, marriage tune-ups and general marriage concerns. More serious issues such as persistent infidelity, substance or physical abuse, etc., may likely need more advanced assistance than we are able to provide.

We are really struggling with some things in our life. Is this program for us? Yes, marriage coaching can help couples who are struggling. Contact the program Directors if you're unsure and want more information.

Are there problems marriage coaching cannot help with? Perhaps; however, couples will complete a self-inventory to assist the program directors in determining the best way couples may be helped.

What is the cost and commitment? The cost is \$100.00 for the couple. This includes the books. The commitment is over an 8 week period, once a week for 2 hours.

Are the coaches professional counselors? No. The coaches are just couples who are trained to guide couples through the curriculum and facilitate healthy conversations.