

PREPARE ENRICH

• building strong marriages •

There is no magic formula for a good marriage.

There are proven insights and skills that deepen intimacy and improve relationship satisfaction.

Prepare/Enrich is a research-based marriage assessment that equips couples with the insight and relational skills needed to strengthen relationships at any stage of marriage. What is Prepare / Enrich?

Prepare/Enrich is NOT a test. It is an online assessment of your relationship across several categories. The goal of the assessment is to increase awareness across multiple aspects of your relationship. Prepare/Enrich covers various areas within the relationship including communication, conflict resolution, finances, and spiritual beliefs. In addition, the assessment will explore your personality, family of origin, and relationship dynamics. Over 30 customized categories, such as previous marriage or having children, ensure your experience with your results will feel accurate and relevant to your relationship.

HOW PREPARE/ENRICH CAN BENEFIT YOU:

REDUCED RISK OF DIVORCE

Research has shown that taking the Prepare/Enrich assessment prior to marriage reduces your risk for divorce by 30%.

ENCOURAGE DISCUSSION

Prepare/Enrich will help you celebrate your strengths as a couple and use them to gain momentum in the growth areas of your relationship. The assessment primes you to have meaningful conversations as you continue to grow as a couple.

IMPROVE RELATIONSHIP SKILLS

Prepare/Enrich provides skill-building exercises to help you strengthen your relationship. Developing skills such as assertive communication and active listening will allow you to support growth in all areas of your relationship.

The PREPARE/ENRICH assessment makes your relationship stronger!

Goals of Prepare/Enrich

- **Explore strength and growth areas**
- **Strengthen communication skills**
- **Identify and manage major stressors**
- **Resolve conflict with a Ten Step Model**
- **Develop a more balanced relationship using the Couple and Family Maps**
- **Understand personality differences and maximize teamwork**

Prepare/Enrich resources which include *The Workbook for Couples* contains over 20 exercises covering every relational category and

can be used in providing feedback and promoting discussion for couples.

THE TWO PRIMARY COMPONENTS OF PREPARE/ENRICH:

1—Online Assessment taken by a couple individually. The assessment takes approximately 30 to 45 minutes.

2—Feedback Sessions with a trained facilitator that includes review of Couple Report & teaching of relational skills (approximately 6-8 sessions). *These are tailored to couple preferences and needs.*

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HOW CAN PREPARE/ENRICH BE USED:

***Premarital Counseling** with engaged couples

***Marriage Enrichment** with couples in any stage of life

***Marriage Counseling** with couples dealing with conflict

***Group Formats** in workshops, seminars, weekend retreats, etc.

PREPARE/ENRICH FACILITATOR:

Chad Yarborough, MA, MDIV, P-LPC

Chad has been married to his lovely wife, Christy, for over 30 years and has over 25 years of experience in counseling and pastoral ministry. He is a certified Prepare / Enrich facilitator who enjoys working with couples to enrich their relationships and to build stronger marriages.

PREPARE / ENRICH HELPS TO
MAKE YOUR RELATIONSHIP
ALL IT CAN BE!

CONTACT

INFORMATION

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