



Title of the activity

Introduction:

Helping the clients to develop a mutually beneficial relationship.

Number of Participants:

Couples or couples with their families

Supplies:

Points of You - The Coaching Game, Writing material, Comfortable space for facilitation free from external noise, Scented candles, Incense Sticks & Match box. Optional Music system with soft background music resource – may be a flute music

The objectives of the process:

The process is aimed to facilitate

- 1. Development of a vision board collaboratively,*
- 2. Collaboration through mutual understanding of the each other's strengths, vulnerabilities, values, drivers, & personal interests*
- 3. Leading a life of shared values.*

NOTE:

The courtship traction, for some, appears to fade post marriage amongst couples resulting in bitterness. Partners are lost, suddenly they find they are no longer compatible with each other.

On the other hand, arranged marriages seem to go wrong despite the due-diligence conducted by the elders in the family. Promises are no longer kept, friends turn to foes, and everything seems to be empty.

This process is aimed at helping individuals to become self, role and socially aware of each other, thereby facilitating them to construct their relationships brick by brick.

Time:

45 to 60 minute sessions for 2 to 4 weekly seating's.

Room/space set-up:

Small low centre table, low cushioned seats arranged in circular fashion for the couple with the coach.

Room illuminated well.

Scented candle placed at a strategic place, with incense stick lit in the corner.

Coach preparations:

Coach to arrive well in advance of the appointment.

Coach to ensure the room setting is as per the prescribed standards. Room should be clean with no litter or clutter.

Scented candles are lit and placed at strategic locations; incense stick is lit and placed in the corner of the room.

Room temperature – ideally set to 23 – 24 degrees, neither too cold nor too warm. Pleasant enough.

Coach to ensure, sufficient stationery is placed at the disposal of the client along with writing material – color pen sets, pencils, eraser, sharpener etc.

Preparation:

Consider the following questions:

- *Coaching Objective*
 - *What do I intend to facilitate the clients to accomplish with my professional assistance?*
 - *What behaviors do I need to keep a check on?*
 - *What will I do clear the space*
- *On what issues or objectives will I focus?*
- *How do I create time to accomplish the desire outcomes, including time for:*
 - *Participants to share meaningfully*
- *Which stories/quotes/question from the Coaching Book will I use while facilitating the activity and why?*

Activity Process - Step by Step:

Use the ppt.

2. Define the game rules

Contract, boundaries, roles – refer ppt

3. Describe the activity:

Refer ppt.

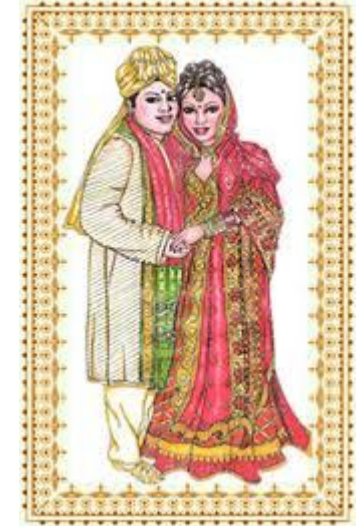
PLACE YOUR [Coach4Excellence](http://www.coach4excellence.in/)

Points of You Activity Processes Developed by:

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Wedlock Visioning.....

Developed by
G Sairamesh
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Who is it for? & How?

- For couples
- Couples and their families
 - Facilitated with the couple
 - Facilitated with the families
 - Elders come for the introductory session
 - Elders allow the couple to develop their vision board
 - Elders join in the end to understand the vision and to play a supportive role

Expected Outcome of the Process

- Mutual respect for each other and their families
- Mutual understanding of each others strengths, vulnerabilities, interests, attitudes, & values
- Leading a life of shared values
- Complementing each other towards creating & accomplishing a fruitful relationship



Contracting Process

- Introduction
- Breaking the ice
- Define the roles & boundaries
- Engage with the family
- Establish clearly with the couple & their elders what they want them to accomplish with your professional assistance?

Towards exciting eternal relationship



Pause

Become fully aware of the present and be available in the here & now, leave baggage's if any outside.



Time – 5 minutes, play background music (optional)

Instruct to close eyes and be in touch within, eliminate distractions if any.

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Establish the Process Outcome

Ask the couple:

- What do you want to achieve in this engagement with me?
- What makes it critical for you? Or what makes it important?
- What would this objective get you in turn?

Give them the ticket to fill

Card 3: _____
Card 2: _____
Card 1: _____
Layout: _____
My Issue: _____ Date: _____
Fold in half and place on the Layout Chart

Purpose of the questions: clarity of the objective, thorough understanding of its importance and their mutual commitment to the stated goals.

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Establish the Current Realities

Ask the couple:

- Tell me, where are you in relation to where you want to go to?

Introduce the game. Shuffle and place the cards face up.

Ask them to choose a card. (If they are not satisfied give them an option for choosing another card.)

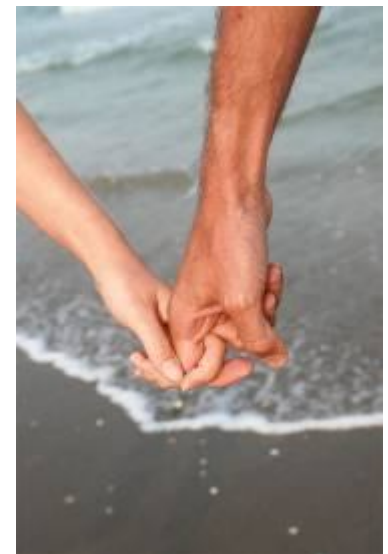
- Describe what you see?
- Describe what you don't see?
- What does the card signify for you?
 - What do you make out, about the situation?
 - What do you make out, about the mood?, etc
- What is the message or lessons for you? (which will help you reach your goal?)



Focus & Commit - Process

Ask the couple to choose another card?

- **What does the card tell you?**
- **What is the relevance of the message?**
- **What would you do to put this message to use in your life together?**
- **What obstacles would you encounter on route to your preferred location?**



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Execution Process

Ask the couple to choose another card?

- **What does the card communicate to you?**
- **What message here will help you remain steadfast to your goals?**
- **What actions will you take together?**
- **What evidence will tell you are making progress towards your goals?**

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Acknowledgement Process

Ask the couple to choose another card?

- What will you do to celebrate your marriage?



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Insights

Ask the couple to list out

- **What insights did you develop in the session?**
- **In what ways will you put the insights to work in your life?**
- **Develop a vision board based on your insights**



Defining the Vision

- What do you want your marriage to be remembered for?
- What shared values will you live by?
- What will you do to support each other?
- What actions will you take to demonstrate your mutual commitment towards each other?

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