



Get the most  
from your relationship.



### Turn your relationship into a success story.

Millions of couples have already taken PREPARE/ENRICH and improved their chances for a successful relationship. To find out how it can work for you, contact *Essential Journey Counseling* to speak with your local certified PREPARE/ENRICH facilitator today.

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*Essential*  
JOURNEY  
One step at a time

Marriage is an  
adventure.

It helps to  
have a guide.



PREPARE  ENRICH<sup>®</sup>  
• building strong marriages •



## Give your marriage the tools to succeed.

Your marriage is one of the most important and satisfying relationships you'll ever have. And like any quality relationship, to get a lot out of it, you have to put a lot into it. A successful marriage takes an investment of time, effort, and a commitment to your partner and the relationship.

It takes trust, honesty, sharing your goals and dreams, and understanding each other's values and outlooks on life. It also requires good listening skills, having an open mind, and a whole list of other qualities that are sometimes overlooked.

One of the keys is healthy communication. But how do you bring up difficult topics? How do you create a safe environment for open discussion? How do you listen in an understanding and loving way? How do you encourage those heart-to-heart conversations that are so key to really understanding your partner?

## Build a strong, happy marriage with PREPARE/ENRICH.

We created PREPARE/ENRICH as a resource to help couples establish stronger relationships and get to know each other like never before: To truly understand their spouse and themselves. To make difficult conversations easier. To resolve conflicts. To bring couples closer together.

The PREPARE/ENRICH Program is a proven tool, scientifically developed to help couples stimulate honest, open dialogue about some of the most hard to discuss subjects. Using our assessment tools, you'll find it easier to understand your partner and create a deeper, healthier relationship and sustain it over the years to come.

## Is PREPARE/ENRICH right for your relationship?

Any long-term relationship can benefit from PREPARE/ENRICH. It doesn't matter whether you and your partner are dating, engaged or have been married for years. If you're in a committed relationship, PREPARE/ENRICH will give you the tools you need for long-term success.

To learn more about PREPARE/ENRICH, visit us online at [www.prepare-enrich.com](http://www.prepare-enrich.com).

## How does the program work?

You begin by taking the PREPARE/ENRICH online assessment to identify your current strengths and growth areas as a couple. You then meet with a trained facilitator who provides feedback to help you understand your results as well as teach you important relationship skills. From beginning to end, the program is designed to be comfortable, relaxed, and even fun.



## With PREPARE/ENRICH, you will:

- Identify your strengths as a couple and build new ones
- Strengthen your communication skills
- Uncover stressful areas and resolve conflicts
- Explore your families of origin
- Comfortably discuss financial issues
- Establish personal, couple, and family goals
- Understand and appreciate personality differences