

What Happens, and Why Should I Attend a Couple Enrichment Event?

What happens at a Couple Enrichment event?

You and your partner join four to ten other couples to share with one another in an environment of trust and support.

You and your partner:

- Take stock, reviewing together what you value in each other as a couple
- See how other couples relate
- Learn how to improve your communication skills
- Take time to work through differences or disagreements you have been pushing aside
- Learn how to use conflict creatively
- Celebrate the strengths and joys of your relationship
- Allow the love between you and your partner to flow

A Couple Enrichment event is a relaxed, enjoyable experience for participants.

It is designed for couples with a satisfactory relationship which they want to strengthen. It is *not* therapy or marriage counseling.

Couple Enrichment workshops include couples who view themselves as committed partners, whether legally married or not, and without discrimination as to gender identity or sexual orientation.

Why would a couple with a satisfactory relationship want to attend a Couple Enrichment (CE) workshop?

“My relationship is Ok. Why fix it?”

Strong, healthy relationships are a treasure, and they deserve care.

A couple’s relationship doesn’t remain static; it is always changing. When taken for granted, a relationship may lose its spark; its vitality depends upon continuing growth.

Couple Enrichment workshops can help you and your partner:

- Develop skills to enrich facets of your relationship which could be improved
- Learn to be more effective in communicating with each other
- Learn to share more deeply your thoughts and feelings about your spiritual journeys and leadings

The qualifications of the Couple Enrichment Leaders

Couple Enrichment leader couples have gone through a leadership training that prepares them to lead other couples in the process of nurturing their relationships.

Each Couple Enrichment workshop is led by a couple who:

- Has been trained and recognized by Friends General Conference, in accordance with the standards of the *Better Marriages* organization
- Bring to their leadership:
 - commitment to growth in their own relationship
 - openness to sharing the joys and struggles of their relationship with other couples
 - sensitivity towards the needs and aspirations of the other participants with them in the workshop
- Are able to work well as a team in group leadership
- Know the strength of Couple Enrichment and are eager to share it with Friends throughout the United States, Canada and Australia

For more information on couples workshops in your area, contact: coupleenrichment@fgcquaker.org.)

This document was downloaded from the website of Friends General Conference. Explore the many resources and opportunities we offer for Quakers, Quaker meetings, and all interested individuals. Go to www.fgcquaker.org.

