



FACILITATOR'S FEEDBACK GUIDE (8 SESSIONS)

■ PROVIDING FEEDBACK

For each session, start by giving couples specific feedback from their results in the Facilitator's and Couple's Reports. Give couples balanced feedback about their strengths (agreement items), but also potential issues (disagreement, indecision, and special focus items). Next, lead the couple through the exercises from the Couple's Workbook for the topics covered in that session. The outline provided is designed as a feedback guide. It is a suggested guideline, but may be adapted to fit various settings, timeframes, and feedback models (i.e. individual couples or groups)

■ REPORTS

- **Facilitator's Report:** The Facilitator's Report is designed to be used by the certified PREPARE/ENRICH facilitator or a trained mentor couple. This report is not to be given to the couple receiving feedback.
- **Couple's Report:** The Couple's Report may be given to the couple to view and keep as a record of their PREPARE/ENRICH results.
 - Do not give couples their report prior to the first exercise: Sharing Strength & Growth Areas.
 - Facilitator's are not required to give couples their report, and may consider giving couples only the sections that apply to the feedback and exercises being covered in a given session.

■ COUPLE'S WORKBOOK

- The Couple's Workbook is provided as a free PDF file available at www.prepare-enrich.com. It can be viewed, printed, or saved to your computer. It can be duplicated and given to couples as needed. Facilitator's may also choose to print only selected pages from the workbook.
- When providing feedback to a couple, each partner should have their own copy of the workbook or a copy of the selected exercises being covered in the current session.
- Professionally printed and bound copies of the Couple's Workbook can be ordered from the bookstore at www.prepare-enrich.com for \$3 each (plus shipping & tax where applicable).

■ HOMEWORK

- The 8-Session outline suggests assigning homework following each session. Couples should be instructed to review and discuss the material covered in the Couple's Workbook at home. Hold couples accountable to completing their homework each week.
- In some cases, homework will involve completing exercises that were not covered during their time with the facilitator. In other cases, couples will be instructed to discuss and/or practice the newly presented concepts and skills at home.
- Take approximately 5-10 minutes at the beginning of each session to check in with a couple about how their homework experience has gone, and answer any new questions that have arisen. In some cases it may be necessary to repeat/review certain concepts and skills.



PREPARE/ENRICH: CUSTOMIZED VERSION

Session (60-90 min.)	Report Topics	Couple's Workbook	Homework
1	Strength & Growth Areas Relationship Dynamics Communication	p.2 Sharing Strength & Growth Areas p.4 Creating a Wish List	➤ p. 5 Daily Dialogue & Daily Compliments ➤ Practice Assertiveness & Active Listening ➤ Review and discuss pages 2-4
2	Personal Stress Profile	p.6 Identifying Most Critical Issues p.7 Balancing Your Priorities p.8 Wedding Stress (if applicable)	➤ Review the Balancing Your Priorities exercise at home ➤ Review and discuss pages 6-8
3	Conflict Resolution Relationship Dynamics	p.9 Ten Steps for Conflict Resolution p.10 How to Take a Time-Out p.11 Seeking & Granting Forgiveness	➤ Practice 10 Steps for Conflict Resolution with a current issue ➤ Review and discuss pages 9-11
4	Financial Management	p.12 The Challenge of Money p.13 Importance of Financial Goals p.15 The Meaning of Money	➤ p. 14 Complete the Budget Worksheet ➤ Review and discuss pages 12-15
5	Sex and Affection Relationship Roles Leisure Activities	p.17 The Expression of Intimacy p.18 Sharing Roles	➤ p.16 Complete the Dating Exercise ➤ Review and discuss pages 16-18
6	Marriage Expectations Children & Parenting Spiritual Beliefs*	p.20 Managing Your Expectations p.21 Couple Discussion about Children p.21 Planning a Weekly Family Conference p.22 Stepfamilies: Choosing Realistic Expectations (if applicable)	➤ p.19 Your Spiritual Journey* ➤ Review and discuss pages 19-22
7	Couple Map Family Map	p.23 Mapping Your Relationship p.25 Closeness Exercises p.26 Flexibility Exercises	➤ Practice Closeness & Flexibility as indicated ➤ Review and discuss pages 23-26
8	Personality SCOPE	p.27 SCOPE Out Your Personality p.28 Achieving Your Goals . . . Together	➤ Review and discuss pages 27-28 ➤ Discuss what you learned from this program

* Those working with state or federal funding may choose to skip the Spiritual Beliefs exercise due to mandated restrictions.