

## **Benefits of PREPARE/ENRICH**

### **Improve your relationship**

Whether you are dating, engaged, or married, PREPARE/ENRICH has been *scientifically proven* to improve *your relationship dynamics* and *relationship skills*.

Outcome studies have found couples who take P/E and receive 3-5 feedback sessions with a trained Facilitator have significant improvement on 10 out of 13 relationship categories and greatly improve their relationship satisfaction.

### **Reduce your risk of divorce**

Studies have shown couples who complete the PREPARE/ENRICH program prior to marriage have the potential to reduce their chances of divorce by as much as 30%.

### **A rich and rewarding experience!**

Couples enjoy the process of completing the assessment and having feedback sessions with their Facilitator. It is fun to explore and examine your relationship within a framework that encourages awareness of thoughts, feelings, constructive dialogue, and meaningful understanding of each other.

PREPARE/ENRICH helps you examine your relationship on dimensions found to be important to relationship health. You will learn how to communicate more effectively with each other so that you can improve your relationship and continue to understand, connect, and relate in healthy ways. You will learn and practice skills that will serve your relationship now and in the future.