



TRANSFORMATIONAL COACHING PROGRAM FOR COUPLES



Love does not consist in gazing at each other, but in looking outward together in the same direction.
Antoine de Saint-Exupery

Happily ever after....

Intimacy, be it in a marriage or another form of union, counts among our biggest blessings. A happy partnership increases the quality of our lives and it improves our health. The opposite, alas, is true as well.

Considering the importance of togetherness, one wonders why nobody teaches us how it is achieved! We usually jump, or get thrown in what often turns out to be tumultuous waters without much preparation. Not knowing

of another way, we imitate our parents, or we do the opposite, if we weren't satisfied with what we observed growing up. Since they probably didn't get off to a more informed start that we did, what we tend to learn from our role models, consciously or unconsciously, is often less than ideal.

Pressures weighing on intimate relationships

Add to that a hectic modern life style, perhaps in-laws and later on children, as well as the media. Long work hours, the lack of job security, higher living standards that require two salaries to maintain... This equates to a lack of balance in our lives, hence stress. Our social environment may or may not support our endeavor to build a successful couple. In some cases the parents are too close for comfort, in others the extended family is absent and we find ourselves without support.

On TV, we watch the "happily ever after" fable repeated again and again until we mistake it for reality, building up hopelessly exaggerated expectations. We are promised eternal love, but we enter a relationship with our rough edges, and so does our spouse. None of us is without reproach, and most of us have an ego that needs to assert itself. Lack of attention, little lies, unkindness, trespasses, mistrust, betrayal, infidelity... There are so many ways in which our fear-based ego-mind can act up and hurt the other.

If we have children, they may take up whatever little time and energy is left after a hectic day at work. There is nothing in the tank for yourself or your partner. If you want to have children, you may be experiencing problems conceiving naturally. Unfortunately, such is the case for an increasing number of couples, thus opening a whole other can of worms. If sex went out the window with the wedding vows, rather than addressing the issues, we can instead resort to internet porn, soon to be enhanced with sex robots. No headaches, no expectations, no arguments... Technology is making it increasingly easy to avoid the flesh and blood of an intimate relationship!

As if that were not enough, add career, or the lack thereof, and financial pressures to the mix and you have to wonder how any couple can survive the minefield presented by today's world!

First things first: You!

The less old baggage we bring into a partnership, the easier the ride is going to be. Less inbuilt pressure makes it easier to deal with outside stressors.

One of the functions of intimate relationships, beyond the obvious, is to confront us with our unresolved issues. Trauma from the past will be triggered when someone gets under our skin. Unfortunately, we are rarely equipped to deal with the dragon that rears its head. Rather than confronting it, we project it onto the partner and make him or her the bad guy. When we both behave in this unenlightened, yet normal way, we have the recipe for disaster. A cold shoulder seems like the prettier side of it; violent arguments the more apparent one.

Thus, the first part of the Transformational Coaching Program for Couples is to clear house. Your house! Each partner first defines what she or he wants to achieve by working together. In individual sessions, we remove the obstacles that have prevented you from reaching this goal. We unearth old wounds to heal them. We reprogram unhealthy beliefs. We re-examine deep-seated values. Before moving on to the joint sessions, we double-check to ensure that we achieved what we set out to do individually.



A successful outcome can take different shapes

I cannot guarantee that we will save the couple if it has been drying out on the rocks for

what seems forever. Sometimes, it is healthier for partners to separate. When our life paths take us in different directions and there is little glue to hold the couple together, it may be better for each to pursue his path independently. Everything is accelerating, and what took a lifetime to accomplish a generation or two ago may take a decade now. When we have learned what we were meant to in a relationship, it makes more sense to move on than to continue in a listless marriage, and eventually as strangers under the same roof. In such a case, a peaceful separation undertaken with understanding and kindness can be your saving grace. In fact, it can even heal wounds inflicted during a tumultuous marriage. The ideal way to leave a relationship is to integrate its learnings and to not bring unnecessary



baggage from it into the next one!

On the other hand, if you still have elements to contribute to each other's development, if there is fire left, we get to work! You first define together which direction you want your couple to take. Now that many of the individual obstacles are out of the way, we can realign

your paths. You find your most important life values and we define them for the couple so that you are aware of your guiding light. We look at patterns that aren't serving you anymore and replace them with behaviors that do. We improve communication and whatever else needs an upgrade. We do another check to ensure we accomplished what we set out to do before rounding off the process. And then it's time to celebrate!

Incorporating all aspects of your being

Transformational Healing sessions are part of the process, as are assignments in between sessions. The former allow me to smoothen the path via your energy field. Healing also helps your body process the massive changes that it has to integrate. The home assignments are required in order to achieve all that we set out to do in such a short time. I equip you with tools and methods that will address different aspects of the processes.



Individually

Step 1)
Helping you find and define your desired outcome individually. Find the most burning aspect of your life you want to transform and describe your new life.

Step 2)
Discovering the root causes of your issues, pain, blocks and undesirable results of the past.

Step 3)

Uproot the causes of your problems, eliminate dysfunctional beliefs and negative emotions; reprogram the brain for success and happiness.

Step 4)

Results check: We work together until we both agree that you have achieved your desired state/outcome.

COUPLE SESSIONS

Step 5)

Helping you define the desired outcome as a couple. After having achieved your personal desired outcome, what do you want to transform in your relationship and where do you want to take it?

Step 6)

Discover and change dynamics and patterns that are in the way of creating your desired outcome.

Step 7)

Practice tools for the couple to operate more optimally in the future.

Step 8)

Results Check

Step 9)

Celebrate!

Format

- 10 x 90 min. Transformational Coaching sessions, one on one, 5 for each.
- 5 x 90 min. Transformational Coaching sessions as a couple.
- 6 x 90 min. Transformational Healing Sessions, 3 for each individual.
- Email support between sessions.
- Assignments between sessions.
- Especially designed tools and audio-visual support to accelerate and enhance your customized processes.

Included Tools

- Goal Setting
- Strategic Visioning
- Hypnosis Recordings to address your specific needs
- Releasing through Writing
- Worry Buster
- And more, according to your particular needs...

Bonus Material

- Guided Meditation

Fee

Contact Irma for the rates and payment modalities.

Contact Me
Give me a call for more
information about my
services and programs.

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