

## HOW TO FIND OUT MORE

You can get in touch with us by:

**Phone:** 023 8021 6003

**Email:** [prepare-enrich@scft.org.uk](mailto:prepare-enrich@scft.org.uk)

**Web:** [www.prepare-enrich.co.uk](http://www.prepare-enrich.co.uk)

Please let us have your contact details and tell us when you are getting married, and we'll try to link you up with a Prepare-Enrich facilitator.

Facilitators are distributed throughout the UK, and there will normally be one within reasonable distance of you.



Getting together with one of our facilitators provides the best option, but if your circumstances make this difficult you can still benefit from Prepare Enrich. **Couple Checkup** helps you give your relationship an online health check and offers suggestions for things you can do together to make it even better - see

[www.couplecheckup.co.uk](http://www.couplecheckup.co.uk)



## COMMENTS FROM COUPLES

*About meetings with a facilitator:*

**“Really good, informative, fun and thought provoking.”**

*“It helped raise many issues to talk through.”*

**“It reassured me – we’re laying good foundations for our marriage.”**

*“It helped us by providing food for thought and practical suggestions.”*

**“This showed us how and why our relationship is already good, and now we are confident we can make it even better.”**

*About using Couple Checkup:*

**“We’d recommend it as a useful process, very flexible and a good use of time.”**

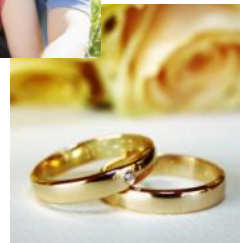
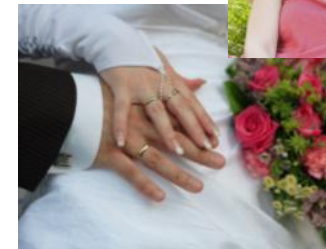
*“Helpful guidelines and very encouraging.”*

**“We plan to do a course later, but this helped us when attending a course would be difficult.”**

09/11

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## MAKE A GREAT START TO YOUR MARRIAGE



using

**PREPARE/ENRICH  
QUESTIONNAIRES**

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## ***CONGRATULATIONS !***

So you're thinking of getting married – **great news!**

It's a move often accompanied by a mixture of excitement, nerves and questions.

- *We're in love but are we right for each other?*
- *How will we each change in the future?*
- *How can we give ourselves the best chance of a long lasting satisfying relationship?*
- *How can we take the best parts of the family life we've each experienced and build them into our relationship?*

Prepare-Enrich inventories are designed to help you **assess your relationship** and include exercises to **explore together** how to develop stronger communication and problem solving skills.

By investing in your relationship in this way, you're getting off to the **best possible start** in your marriage.



## ***WHY PREPARING FOR MARRIED LIFE IS SO IMPORTANT***

You could be put off the thought of marriage when you see the statistics that say the divorce rate is heading towards one in two. But a growing volume of research is showing that you can do something to improve your chances significantly.

You can do this by finding out more about each other before you get married, and by developing skills and behaviours that help oil the wheels of any relationship, and particularly marriage.



Many of the patterns for married life are established during engagement and the early years of marriage, so it's an excellent idea to build in good practices at the start.

Sessions using Prepare-Enrich are helpful and enjoyable – see what couples thought overleaf.

## ***SO HOW DOES IT WORK ?***

Your candid responses to a questionnaire tailored to your situation provide a very effective way of gathering highly relevant data about your unique relationship. The responses are confidential, and it's your answers that form the basis of the process.

Prepare Enrich facilitators are trained to work with you in the feedback sessions which follow, to help you:

- practise important communication and conflict resolution skills;
- gain a fuller understanding of the strengths within your relationship on which you can build and also any areas where growth is still needed;
- work through a number of exercises which will be useful now and provide you with valuable tools for the future.

## ***HOW MUCH DOES IT COST?***

A modest fee\* covers the costs of analysis and scoring, providing a structure for feedback sessions and the related materials.

Charges for facilitators' time are by arrangement with them—some groups provide the feedback free as part of the operation of a charitable trust.

\* See our website or ring us for current rates