

# PREPARE ENRICH<sup>®</sup>

• *building strong marriages* •

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## At the Start of 2019

The start of the year is a good time to think about **how we can help couples** form well founded relationships and prosper through the **ups** and downs that **married life** can bring.

We know from the work we do with couples, and the feedback we get from you, that the Prepare-Enrich programmes can be a **great contributor** to generating an expectation, and a realisation, of ongoing growth in the pivotal of relationships.

Do think about **what you can offer this year**, as a facilitator for a couple or a group, and those couples that might benefit.

## UK Developments Update

**Enhanced support** – this is now taking shape and being offered following initial training. It incorporates:

- ⇒ Coaching support
- ⇒ Follow up to training to consolidate learning
- ⇒ Further development modules on e.g. building team, strategy development, specialist support, and
- ⇒ The opportunity of linking with other partner organisations who bring specific products and skills

We envisage these developments will be particularly of interest to larger church groups or where there are a number of churches and organisations working locally together in partnership.

**Regional and local infrastructure** – we are planning our first development and **launch in London** this Spring/Summer. There is still time to get involved! Do contact us if you are interested.

**Local developments** – In **Southampton**, we are starting to look at new avenues for using Prepare-Enrich, such as charities working with parents, support for adoption and more widely encouraging those working with couples. We hope to develop some working models which we will then make available to facilitators across the country. If you have any particular areas of interest, do email us.

## Contact Us:

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## AD HOC FACILITATOR TRAINING

We are very happy to organise ad hoc training sessions, for a minimum of 10 participants and tailor them to the needs of your organisation.

## SHARE YOUR SUCCESS

We'd like to hear about aspects of the programme that have worked well for you in your work with couples. (Please don't use real names in your notes).

## SUCCESSION

We recognise that you might be the only PE facilitator in a church or group—maybe think now about developing a team so that this work is sustainable in the future.

Find this newsletter at:

<http://www.prepare-enrich.co.uk/research-and-newsletters/>

More materials on the website too!

## UK Marriage Week

UK Marriage Week will run on

**May 13<sup>th</sup> – 19<sup>th</sup> 2019**

The theme this year is: a '*Recipe for a Healthy Marriage*'.

Why not encourage your couples to have a look at [marriage-week.org.uk](http://marriage-week.org.uk) and take part?

They'll be able to look at the ingredients for a healthy marriage and pick up some tasty recipes at the same time!



## Training/Refresher Workshops

A 10 a.m. to 4 p.m. workshop equips attendees to administer a range of Prepare-Enrich inventories. The next workshops will be in:

- Peterborough **26<sup>th</sup> January** (Couple Inventory)
- Manchester **20<sup>th</sup> February** (Couple Inventory)
- Southampton **8<sup>th</sup> June** (Couple Inventory)

The booking forms are available from [www.prepare-enrich.co.uk/training-events/](http://www.prepare-enrich.co.uk/training-events/)

We are also looking to set up opportunities later in the year in Leicester, the North East, London, the Midlands, and any other areas where a viable course can be initiated – let us know if you are able to help with these specific locations or others.

## Lee Abbey - Keep Fit For Marriage Workshop



The next **PE weekend for couples** will be on:

**September 20<sup>th</sup> - 22<sup>nd</sup> 2019 in Devon**

Why not get away together and invest in your relationship? Expert facilitators will help you take stock, and assist you in looking forward.

Bookings will need to be done directly via the [Lee Abbey](http://www.leeabbey.com) website or by phoning them on 01598 752 621.

*(Given the nature of the workshop couples are advised not to bring children)*

## UK 2018 highlights

**110 trainees** attended the **PE Facilitator training or refreshers** in the **UK**

It's great to see the enthusiasm of new facilitators up and down the country, from Southampton to Aberdeen!

**Remember** - if you've been trained recently, the best thing is to get hands on using the programme with couples and add to the foundation of your initial training.