



Get the most
from your relationship.



Turn your relationship into a success story.

Nearly three million couples have already taken PREPARE/ENRICH and improved their chances for a successful relationship. To find out how it can work for you, check with your church, synagogue, or professional counselor to find a trained facilitator in your area.

To learn more about PREPARE/ENRICH, or for help in finding a facilitator near you, visit us online at www.prepare-enrich.com.

Brookville Church
2 Brookville Road
Glen Head, NY 11545

PREPARE  ENRICH®

• building strong marriages •

PREPARE/ENRICH
Life Innovations, Inc.

651-635-0511 • 1-800-331-1661
www.prepare-enrich.com

Marriage is an
adventure.
It helps to
have a guide.



PREPARE  ENRICH®

• building strong marriages •



Give your marriage the tools to succeed.

Your marriage is one of the most important and satisfying relationships you'll ever have. Research has confirmed that healthy marital relationships are correlated with physical and emotional health. But because relationships are always changing, even those that begin in healthy connection can deteriorate over time.

PREPARE/ENRICH assesses your relationship on constructs shown to be important for healthy relationships, creating awareness and dialogue around these areas. A trained PREPARE/ENRICH Facilitator will guide you through your results, highlighting relationship strengths and using those strengths and skill-building exercises to grow areas that are not yet strengths- "growth areas". This process encourages heart-to-heart conversations that are key to understanding your partner and developing a deeper, healthier relationship.

Build a strong, happy relationship with PREPARE/ENRICH.

PREPARE/ENRICH is a scientifically-developed program that has been shown to:

- Improve relationship skills such as communication and conflict resolution
- Decrease chances of divorce
- Significantly improve relationship satisfaction

Is PREPARE/ENRICH right for your relationship?

Any long-term relationship can benefit from PREPARE/ENRICH. It doesn't matter whether you and your partner are engaged or cohabiting, are newlyweds, or have been married for years. If you're in a committed relationship, PREPARE/ENRICH will give you the tools you need for long-term success.

How does the program work?

You begin by taking the PREPARE/ENRICH online assessment to identify your current strengths and growth areas as a couple. You then meet with a trained facilitator who provides feedback to help you understand your results as well as teach you important relationship skills. From beginning to end, the program is designed to be comfortable, relaxed, and even fun.



With PREPARE/ENRICH, you will:

- Identify your strengths as a couple and build new ones
- Strengthen your communication skills
- Uncover stressful areas and resolve conflicts
- Explore your families of origin
- Comfortably discuss financial issues
- Establish personal, couple, and family goals
- Understand and appreciate personality differences