



PREPARE:

- **DURING SESSION 4, assign coaching topic:** *During your coaching call, you'll either continue to have a CoupleTalk on this same "Time for Us" topic, or you'll begin a new "Time for Us" topic. It's important for coaching to start on time, so have your topic ready and your workbooks in hand for when the call starts.*

COACHING CALL: Workbook Part 1: Exercise (pages 60-61) and Appendix A-2 & A-3 (Feeling Words)

GET THE COACHING CALL STARTED: (After a quick greeting, get them practicing ASAP.)

- *Just a reminder that I'm here to coach you in the skills, not to give you advice on your topic.*
- *In CoupleTalk Session 4, you used Expression and Listening with Empathy skills together. You used an Expression Stick, which identifies who is in the role of the Expresser. We'll continue using an Expressing Stick on this coaching call.*
- *Are we continuing the topic you used in Session 4? Or choosing another topic/activity?*
- *Let's have you get knee to knee. Whoever would like to begin picks up the Expression Stick.*

YOUR COACHING GOALS:

1. Use the Expression Stick correctly.

- Correct them if they hold the Expression Stick when they are the listener/summarizer. (It's common to do this at first.) *"Bill, you're the Listener, so give the Expression Stick back to Jennifer and summarize what she – as the Expresser – said."*
- Help them switch roles: *"Bill, you've done a good job Listening w/ Empathy. Give the signal that you'd like a turn to Express."* or *"Bill, offer Jennifer the Expression Stick so she can have a turn to Express what she thinks about your idea."*
- Make sure the Listener does not add his/her own thoughts or feelings. *"Bill, I think you've begun speaking from your own point of view. You can get back on track by saying, "As Jennifer, I would like to..."")*

2. Going Deeper – by Expressing deeper feelings and authentically Listening with Empathy.

- Appendix A-2 and A-3 may help them find the right feeling words.
- If they say only thoughts, say, *"And when that happened I felt..."* and let them finish.
- Use prompts on page 60 as needed *"Let's look through the talking points on page 60 – Bill, do you have anything to say about the 4th bullet – the cost of adding this activity? Or the 6th or 7th bullets - what would it mean to you, how it could bring you closer as a couple? Take the Expression Stick and start."*

3. Encouragement!

Your encouragement can keep them motivated to practice! *"I know that it was confusing to switch the Expression Stick back and forth, but you really put out great effort to keep track!"*

END:

- *"It's been 30 minutes – great job tonight!"* (If they haven't finished their topic: *"I'm going to sign off, but please continue until you have finished this topic."*)
- IF YOU HAVE EXTRA TIME: Have them give each other Partner Appreciations. It's a quick way to get a struggling couple reconnected!

COACHING "TOOLS:"

Encouragement:	<i>"Good job!" "Great effort at going deeper/Expressing yourself!"</i>
Give Clear Directions	Tell them exactly what to do next
Model:	<i>"Start like this..."</i> (then say the words you want him/her to say)
Prompt feelings:	<i>"When that happened I felt..."</i> (and let them finish)