



# Couples Communication I

**WHO:** Service Member and spouse (Must be currently married). Child care will be provided for children 12 and under. Parents may choose to bring children older than 12 however, no child care will be provided.

**WHERE & WHEN:** Available at [www.wisconsinmilitary.org/programs/strong-bonds/](http://www.wisconsinmilitary.org/programs/strong-bonds/)

**COST:** IT'S FREE!

**ATTIRE:** Business Casual

## **DETAILS:**

**COUPLE COMMUNICATION I** teaches a practical set of talking and listening skills, plus other processes. It includes: Recognizing the 7 Ingredients of a Collaborative Marriage — a healthy relationship Choosing Communication Styles™ — with a map for you to:

- Identify ineffective and effective ways of talking and listening
- Improve the quality of your communication

Using the Awareness Wheel™ — a tool to:

- Understand yourself and situations better, a foundation for effective communication
- Apply 6 talking skills to connect in a clear and constructive way

Applying the Listening Cycle™ — a guide to:

- Tune in accurately to your partner
- Use 5 productive listening skills

Mapping Issues — a 9-step process that combines the talking and listening skills for you to:

- Make decisions and resolve conflicts collaboratively

Gain skills and tools that improve every aspect of your life — with your partner, your family and friends, and with people at work and elsewhere. **In COUPLE COMMUNICATION I**, you and your partner learn to:

- Communicate together more effectively
- Make better decisions together
- Create faster, better resolutions to conflict
- Increase satisfaction as you strengthen your relationship

**Learning Formats and Methods** In a group with an instructor and several other couples (in sessions totaling 8 hours) Enjoy Gaining Your New Skills Through:

- Explanations of the concepts, skills, and processes
- Demonstrations of the skills and processes
- Practice of skills and processes with real issues of your own choice (appropriate for the setting), using skills mats – innovative tools – to speed learning
- Coaching and feedback on your use of skills
- Application of your learning in real situations between session

*Your Privacy is Respected*

You choose together privately, as a couple, the issues you discuss and practice.

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**User Friendly Couple Materials** As a couple, you use a COUPLE COMMUNICATION I Couple Packet containing:

- 2 Collaborative Marriage Skills workbooks (one copy for each partner)
- 2 Skills Mats (one for talking, the other for listening)
- 2 Sets of 4 Pocket Cards to prompt skill use
- 2 Awareness Wheel pads

The materials are for:

- Use during sessions
- Practice at home between sessions

Application after the course to reinforce skills when negotiating issues

- You and your partner participate the following format: