



## Couples Coaching

“Where do you want to go to eat?”  
“Where do *you* want to go to eat?”  
“It doesn’t matter. Where do you want to go?”  
“It doesn’t matter to me either. Where do you want to go?”  
“What is your problem? Answer the question!”  
“What is your problem? Don’t you care about me?”  
“UGH!!”  
“UGH!!”

### **Does this sound familiar?**

Most marital conflicts have nothing to do with where to eat, which movie to see, the consequences for the kids, or who does what around the house. Conflicts arise from *how* these issues are discussed. Have you ever had a fight with your spouse about something minor and it led to a three-day standoff in which you were both unhappy? You’re not alone.

Next Element offers a new and effective way to reduce conflict in your relationship and give you specific tools to truly communicate with your loved one. Research shows that up to 90% of family interactions are not real communication. When real communication happens, conflict is reduced and intimacy can be restored.

We will provide each of you with a personality specific communication profile, and through personal coaching with you and your partner, we will help you interpret the results and apply more effective communication strategies. We invite you to experience the possibilities for your relationship with Next Element. You will benefit from your investment by learning;

- specific tools to deepen your relationship
- new ways to value and honor one another
- an effective approach to having fun and solving problems

Call 316-283-4200, or e-mail [michele@next-element.com](mailto:michele@next-element.com) to set up an initial assessment and consultation or to learn more about coaching and assessment services.