



## Welcome From Dr. Jackie

Hello. I'm Dr. Jackie Black.

Welcome to [CoupleGuide™ to Communicating with Confidence](#) course.

You are about to embark on a completely new and different approach to [communicating deeply, elegantly and effectively together](#).

I'm excited that you have taken the first step to mastering [communicating with confidence](#).

This course offers the opportunity for deep sharing with your partner; valuable accountability and a powerful mirror to actually see yourself more clearly; something we can all find useful in our lives.

There are 6 Lessons in the [CoupleGuide™ to Communicating with Confidence](#) course. Each Lesson is its own PDF file.

You can work on your computer, tablet or phone; you can download the Lessons on your computer and refer to the material often over time; and you can print out the Lessons and keep them in a binder, if you are more comfortable working with hardcopies.

I strongly encourage you to read the Lessons in order from 1 to 6, and complete all the Worksheets, Reflections and CoupleTalk™ in each Lesson before you go on to the next Lesson.

## Lessons

Each Lesson is designed to help you understand a concept or set of concepts.

All Lessons have the same basic structure.

First, I have provided a [Welcome to the Lesson](#), which includes the names of the [Worksheets](#), your [Personal Reflection Prompt](#), and [CoupleReflection™ Prompt](#).

Then, you'll see a discussion of the key points that forward that Lesson's learning outcomes.

## Short Videos

In a short video, I will walk you through each worksheet for every Lesson.

## Worksheets

Next, you'll find the specific worksheets for that Lesson. The worksheets can include tools, strategies, models, tips, prompts for you to use for your Personal Reflection and CoupleReflection™, and worksheets for you to evaluate your learning at the end of each Lesson.

## Personal Reflection

Personal Reflection is careful, intentional thought about your own behavior, beliefs, values, needs... We pose questions to ourselves about ourselves.

Reflection allows us to retain many aspects of any experience as opposed to just *remembering* that something happened.

## CoupleReflection™

CoupleReflection™ is a certain kind of conversation you and your partner will have with each other as a part of working through each Lesson.

The purpose of CoupleReflection™ is to share your thoughts and feelings related to the CoupleReflection™ prompt that I provide for each Lesson; and for you and your partner to practice speaking and listening with an open heart.

## CoupleTalk™

CoupleTalk™ is a different kind of conversation you and your partner will have with each other beginning in Lesson 4.

The purpose of CoupleTalk™ is for the purpose of being known; not to problem solve, not to offer information, not to ask questions or get clarification - for the purpose of being known.

## Strengths + Awareness + Stretches Worksheet Outcomes Overview Worksheet

It is essential that you be able to you use the content in these Lessons for your own personal and relational growth. As a course creator, I am committed to making the content personally useful, meaningful and operational. The last two worksheets in each Lesson are intended to ensure that.

## The 6 Lessons

This is a self-paced course, and you can take as long as you want to work your way through the 6 Lessons. You may find that some Lessons will go faster than other Lessons. You don't have to sit down and do everything in any of the Lessons from start to finish. You have as long as it takes you.



Learning, practicing and mastering relationship success skills is a marathon, NOT a sprint. Take whatever time you need to read through the information, work through the worksheets, complete your Personal Reflection and get together for your CoupleReflection™ and CoupleTalk™ in each Lesson.

## Getting Your Questions Answered and the Support You Need

When you engage in this kind of learning, sometimes you have questions or want to get feedback about some aspect of your learning. I will be in my Zoom Coaching Center the third Tuesday of every month at 5:00 pm ET for CoupleGuide™ Group Coaching.

If you want to join me, simply send me an email with \*Coming to CoupleGuide™ Group Coaching\* in the Subject line, and I will send you the Zoom link.

If you have a specific question that you would like me to answer, please include your question in the email, and I will place you in the queue for the Q&A. I will answer your question in the order in which I receive it.

Time permitting, I am happy to answer your question if you didn't have a chance to email it to me.

You create your own unique results based on your effort, your commitment to your personal growth, your life experience, vision, values, and your own resources. Your results are achieved by the choices you make.

Remember, only YOU can make it happen!

*Dr. Jackie*