



THE JOURNEY FROM ME TO WE: COACHING THE FIVE STAGES OF RELATIONSHIPS



with David Steele Founder, Relationship Coaching Institute

The Journey from ME to WE: Coaching the Five Stages of Relationships

- Agenda: Three Levels of Relationships
 - Five Stages of Relationships
 - * Relationship coaching, tips, strategies and tools for each stage
 - * RCI products and programs useful for each stage
 - **♦**About training with RCI
 - **❖**What's next

The Journey from ME to WE: Coaching the Five Stages of Relationships

Why are we here?

THREE LEVELS OF RELATIONSHIPS

Stuck



There are serious problems to be solved.

THREE LEVELS OF RELATIONSHIPS

Stuck



There are serious problems to be solved.

Functional



Can communicate effectively and solve problems.

THREE LEVELS OF RELATIONSHIPS

Stuck



There are serious problems to be solved.

Functional



Can communicate effectively and solve problems.

Advanced



Problems? What problems?

1. Readiness

How do I prepare for a successful, lasting relationship?



1. Readiness

- How do I prepare for a successful, lasting relationship?
- 2. Attraction
 - ❖ How do I find the love of my life?



- 1. Readiness
 - How do I prepare for a successful, lasting relationship?
- 2. Attraction
 - ❖ How do I find the love of my life?
- 3. Pre-commitment
 - ❖ Is this the right relationship for me?



- 1. Readiness
 - How do I prepare for a successful, lasting relationship?
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- 3. Pre-commitment
 - ❖ Is this the right relationship for me?
- 4. Coupling
 - ❖ How do we solve the inevitable problems that come up?



- 1. Readiness
 - How do I prepare for a successful, lasting relationship?
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- 3. Pre-commitment
 - ❖ Is this the right relationship for me?
- 4. Coupling
 - How do we solve the inevitable problems that come up?
- 5. Bliss
 - ❖ What happens <u>after</u> happily ever after?



What can you do when you're single to prepare for a relationship and set yourself up for success?

Be clear about your:

❖ ∇ision



- **❖** ∇ision
- Purpose



- **❖** Vision
- Purpose
- Requirements



- **❖** ∇ision
- Purpose
- Requirements
- ❖ Needs



- **❖**∇ision
- Purpose
- Requirements
- *Needs
- **❖** Wants



- **❖** Vision
- Purpose
- *Requirements
- *Needs
- **❖** Wants
- Relationship history and patterns



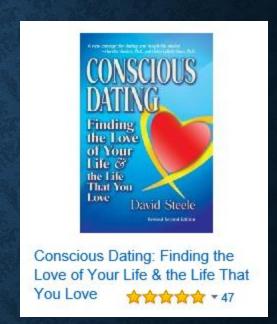
- **❖** Vision
- Purpose
- Requirements
- *Needs
- **❖** Wants
- Relationship history and patterns
- *Readiness issues



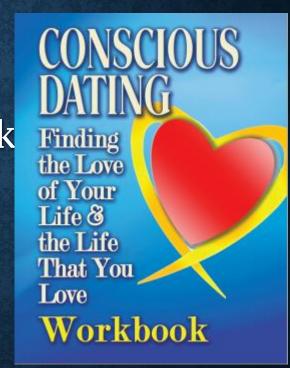
- **❖** Vision
- Purpose
- Requirements
- *Needs
- **❖** Wants
- Relationship history and patterns
- Readiness issues
- Type of relationship seeking



Conscious Dating book



- Conscious Dating book
- Conscious Dating workbook
 - Individual coaching
 - Group coaching
 - Workshops
 - Classes



- Conscious Dating book
- Conscious Dating workbook
- *www.ConsciousDating.com
 - Free membership
 - Free downloads
 - Free online quizzes
 - Knowledge Bank, Blog
 - Find a Coach



- Conscious Dating book
- Conscious Dating workbook
- *www.ConsciousDating.com
- *www.ConsciousDatingProgram.com









"Done for You" presentations, seminars, workshops, classes, flyers, brochures, etc







How do I find the love of my life?



- Answer: Four Steps of Conscious Dating:
 - Scouting
 - **❖**Sorting,
 - Screening
 - **❖**Testing

Scouting – Help clients develop strategies for meeting potential partners.



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Sorting – Use client's requirements to develop a efficient and quick way to determine relationship potential.



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Screening – The process of collecting informati about potential partners to learn if requirements and needs could be met.



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Sorting – Use client's requirements to develop efficient and quick way to determine relationship potential.

Screening – The process of collecting informati about potential partners to learn if requirements and needs could be met.

Testing – Check to see if needs and requirements are actually going to be met in action, and not just through words.

The Coaching Triad:

- **❖**Attitudes
- **Skills**
- Choices



The Coaching Triad:

- **❖**Attitudes
- **Skills**
- Choices

Important Concepts:

Settling



The Coaching Triad:

- Attitudes
- **Skills**
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Important Concepts:

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- Screening in vs. screening out



The Coaching Triad:

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Important Concepts:

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- Screening in vs. screening out
- ❖Red flags



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Important Concepts:

- Settling
- Screening in vs. screening out
- ❖Red flags
- Comfort level vs Risk



STAGE TWO: ATTRACTION

The Coaching Triad:

- **❖**Attitudes
- Skills
- Choices

Important Concepts:

- Settling
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- Comfort level vs Risk
- ❖Being "The Chooser"



STAGE TWO: ATTRACTION

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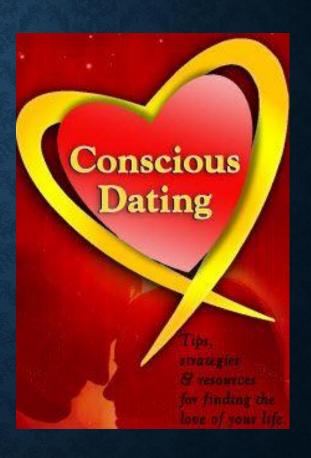
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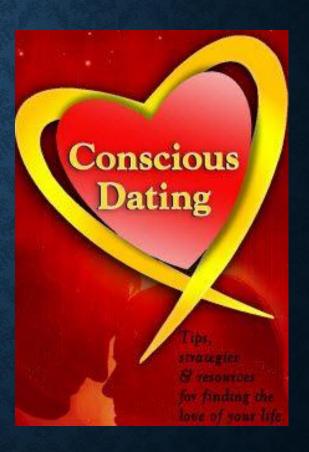
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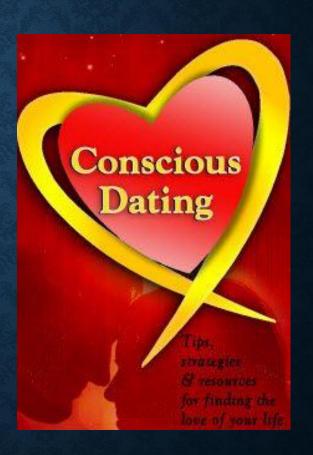
Individual/Group coaching



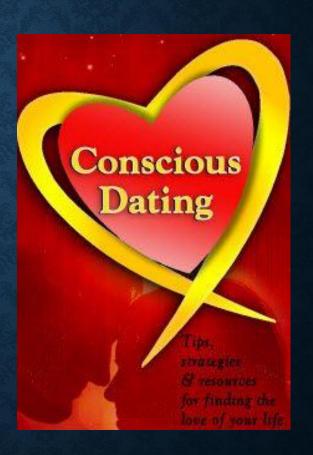
- ❖Individual/Group coaching
- Dating Red Flags Checklist



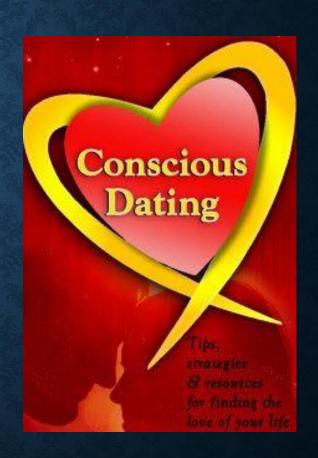
- ❖Individual/Group coaching
- Dating Red Flags Checklist
- ❖14 Dating Traps



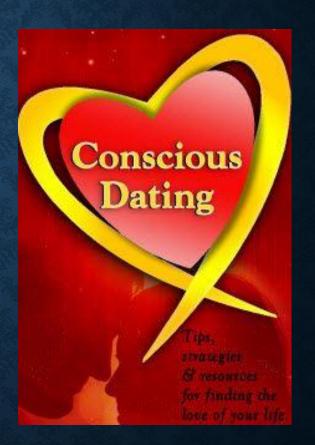
- ❖Individual/Group coaching
- Dating Red Flags Checklist
- ❖14 Dating Traps
- Conscious Dating Plan (from Conscious Dating program)



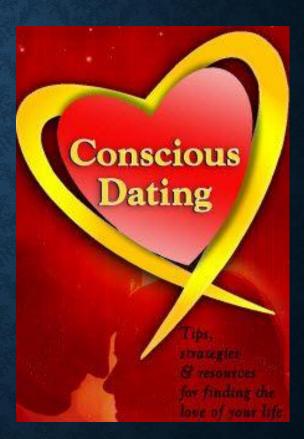
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- Conscious Dating mobile app



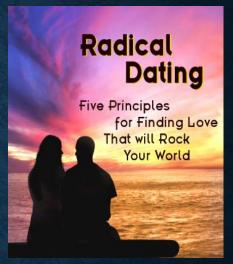
- ❖Individual/Group coaching
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- ❖14 Dating Traps
- Conscious Dating Plan (from Conscious Dating program)
- Conscious Dating mobile app
- ❖ What You Believe You Can Achieve

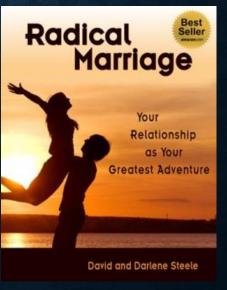


- ❖Individual/Group coaching
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- Conscious Dating Plan (from Conscious Dating program)
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- ❖What You Believe You Can Achieve
- Relationship Choice Questionnaire



- Individual/Group coaching
- Dating Red Flags Checklist
- ❖14 Dating Traps
- Conscious Dating Plan(from Conscious Dating program)
- Conscious Dating mobile app
- ❖What You Believe You Can Achieve
- Relationship Choice Questionnaire
- ❖Radical Dating® and Radical Marriage®







Is this the right relationship for me?



❖Begins when a single becomes an exclusive couple.



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- ❖The coach helps the couple determine if this relationship is a good long term choice.

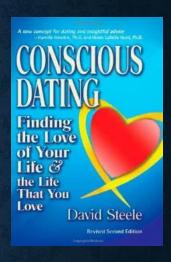


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- Coaches don't give advice or opinions, they ask powerful questions and guide the process of exploration and decision making.



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- ❖The coach helps the couple determine if this relationship is a good long term choice.
- Coaches don't give advice or opinions, they ask powerful questions and guide the process of exploration and decision making.
- ❖Successful outcome is either a clear strong "YES!" or help the couple move on if a relationship is determined not to be a good long-term fit.

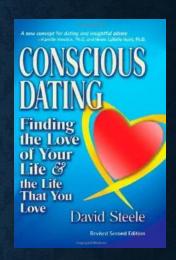
Conscious Dating book



Conscious Dating book

❖Should I Stay or Should I Go ebook





Conscious Dating book

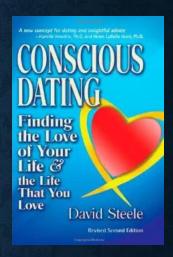
❖Should I Stay or Should I Go ebook

Communication Map



Free versions at www.CoupleforLife.com







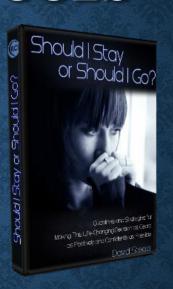
For Singles: Relationship Readiness Quiz

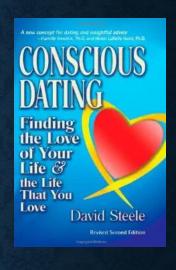
For Pre-Committed Relationships: <u>Pre-Committed Relationship Assessment</u>

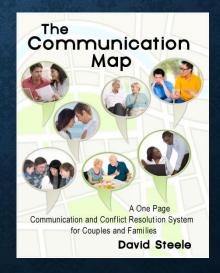
For Committed Relationships: Relationship Assessment for Committed Couples

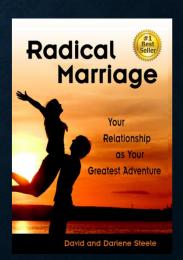
Unsure of Relationship Type: Relationship Status Questionnaire

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- Relationship Assessments
 - ❖ Free versions at www.CoupleforLife.com
- Couple for Life™ Coaching Program
- ❖ Radical Marriage book

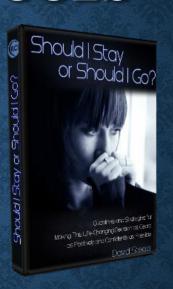


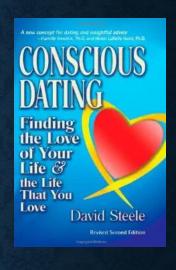


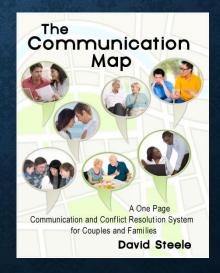


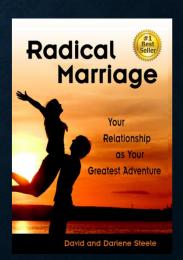


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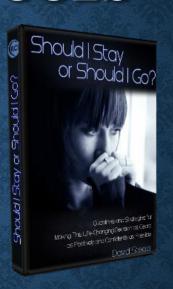


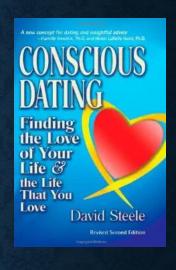


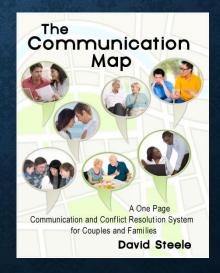


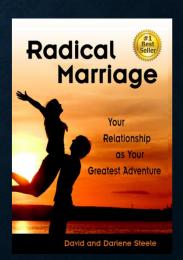


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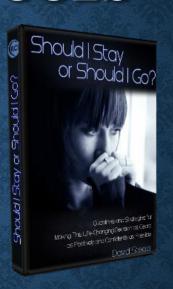


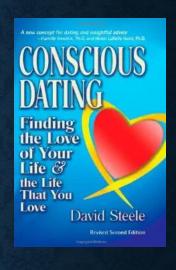


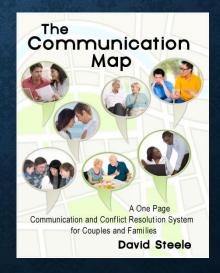


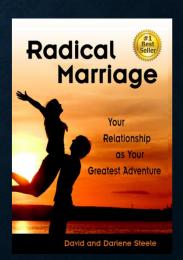


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How can we co-create a successful, lasting relationship?



❖Committed couples



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- Focus is on functionality you must survive before you can thrive.
- Most couples are motivated to seek help because they have problems and are stuck in this stage.
- Most tools, strategies, paradigms of earlier stages can be used.

- Communication Map
- Communication Map tutorial

*"Done for You" Communication Map seminars

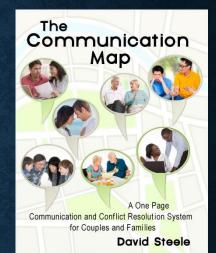
provided to the public

and workshops



Download Version 3

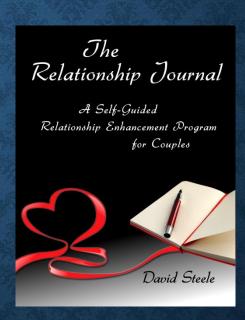
Video example

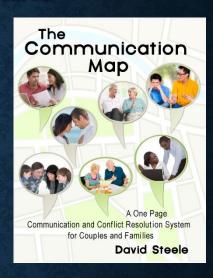


Communication Map

❖Relationship Journal

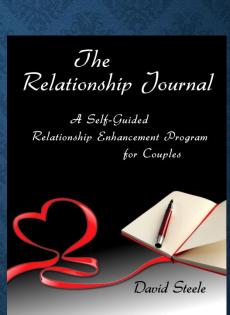


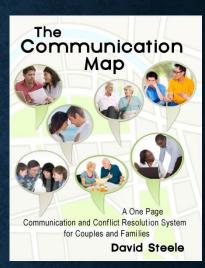




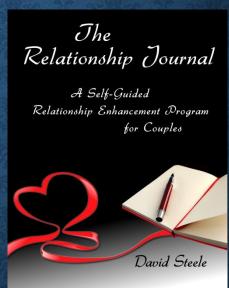
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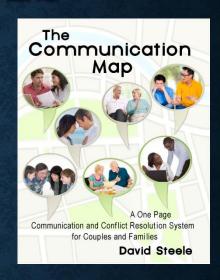


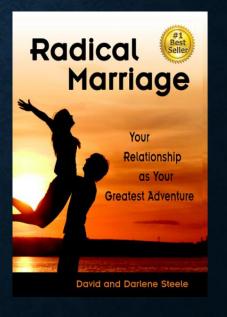




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- ❖Couple for Life™
 Workbook and Coaching Program
- ❖Radical Marriage book
- ❖Radical Marriage® Coaching Program









What happens <u>after</u> "happily ever after"?

❖Deepen intimacy, love, trust, connection, spirituality, sex, and more



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- Help your clients go <u>beyond</u> happily ever after



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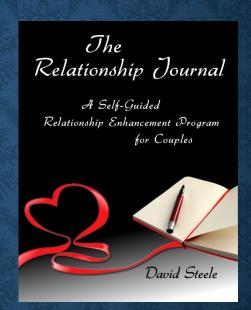


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- Explore what's possible in your relationship
- Radical Marriage your relationship can be your greatest adventure and allow you to live life and accomplish far more together than alone.

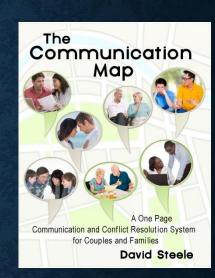


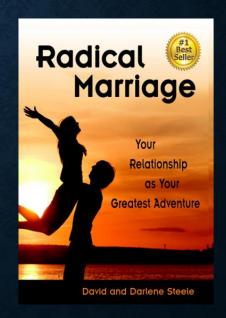
BLISS COACHING TOOLS

- Communication Map
- ❖Relationship Journal
- ❖Radical Marriage book
- Radical Marriage handouts and exercises
- Radical Marriage® Coaching Program
- Radical Marriage retreats



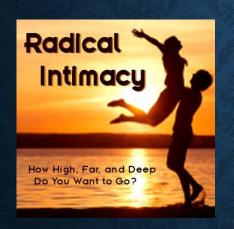




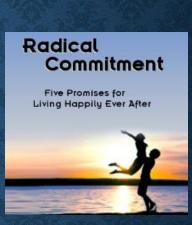


BLISS COACHING TOOLS

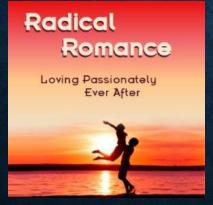
"Done for You" Radical Marriage workshops, classes, seminars















SINGLES LOVE CONSCIOUS DATING

Most Recent Customer Reviews

*** Great book!

This book helped me find my soul mate who I am very happily married to now. The most important exercise in here for me was writing down my "non-negotiable traits", the... Read more

Published 3 months ago by Maureen D.

★★★★★ This was the best book I've ever read in my life I enjoyed ...

This was the best book I've ever read in my life I enjoyed it so much, I it a 🌥 up love it...

Published 8 months ago by sophia lewin ★★★★ Highly recommended

I've been passionate about personal growth for decades but have always been a little stuck on the relationship thing. Read more

Published 12 months ago by jean-pierre parent

**** Conscious Dating

One of the best books out there on dating. Written in a succinct matter and I like the way the author intertwines stories in his chapters. I would recommend this book.

Published 21 months ago by carolyn hayden

*** Eyeopening way of dating

This book has opened my eyes to a new way of dating. Just as you wouldn't shop for food without a list of what you need, this book teaches you how to look for a mate that will fit... Read more

Published 21 months ago by Amazon Customer

**** search advice

Excellent source for anyone starting a new dating search, and interested in establishing a new relationship. Published on February 24, 2009 by Norm Ski

**** You Have to Read This Book!

If you want to change your life, find the love of your life and are prepared to radically change the way you date to do so, then you have to read this book! Read more

Published on March 4, 2008 by ministry of the interior

EXPERTS LOVE CONSCIOUS DATING



"In Conscious Dating, David Steele provides a new concept for dating and insightful advice, effective exercises and useful illustrations that will help anyone who uses them make their journey to love successful. We recommend this program to anyone looking for love." -- Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D., co-authors of Receiving Love: Transform Your Relationship by Letting Yourself Be Loved



"Unconscious dating can lead to disaster. Given the serious effect of relationships gone awry, Conscious Dating is a must for singles who want to make better relationship choices. **David Steele provides sound guidance and practical advice for today's singles.**" -- Pat Love, Ed.D. Author, The Truth About Love and Hot Monogamy



"David Steele has made a significant contribution to the world of relationships by mapping two previously foreign countries- consciousness and dating, bringing them together at last in this customized system. Packed with practical strategies that really work, Conscious Dating is THE program for helping singles navigate the dating world." - Gay and Kathlyn Hendricks, authors of Conscious Loving



"This program is filled with practical strategies that work. Packed with solid advice, assessments and exercises, Conscious Dating will completely change the way singles view dating and relating. A must for anyone who wants to create his or her next great relationship." -- Eve Eschner Hogan, Author of Intellectual Foreplay and How to Love Your Marriage



"Seeking to find the partner of your dreams can be a bruising process. **Conscious Dating teaches you ALL you need to know to find a partner** with whom to live a full life, starting NOW! This is THE program for every single who wants to find the love of your life." --Bonnie Bernell, Ed.D, Author of Bountiful Women: Large Women's Secrets for Living the Life They Desire.

COUPLES LOVE RADICAL MARRIAGE

Most Recent Customer Reviews

* * * * * * * Life altering Joy

The closer I came to the end of this book the less I wanted to reach that last page. Each page holds joy producing promise. Read more Published 2 months ago by Turner's Husband, Wayne

★★★★★ Not Your Run-of-theMill Relationship Book

Radical Marriage is not your run-of-the-mill relationship book. Authors David and Darlene Steele share life experiences and powerful practices to make marriages not only good, but... Read more

Published 2 months ago by Leon Scott Baxter

**** Marriage handbook!

A great book for engaged couples, newlyweds and couples married decades alike. I love the approach the author takes in addressing issues in your marriage before there is trouble. Read more

Published 3 months ago by JenMD

★★★★★ Five Stars

Awesome - just read it.

Published 3 months ago by Amazon Customer

★★★★★ Couldn't put this book down

This book was so much fun to read and I am sure that it's gonna be even funner to apply many of the ideas to my own marriage. Read more Published 4 months ago by Brandie L. Sherman

********* Wow! Eye Opening!! Ready, Set, Go for an Adventure!

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