

Prepare and Enrich

How the program works:

Step 1: Phone consultation with Certified Facilitator Becky Stevenson.

Becky Stevenson has more than 10 years of experience walking with couples through the Prepare and Enrich program. She has received training and certification as a Prepare and Enrich Facilitator. This initial phone call is free. It is your chance to ask questions and make sure that you understand what to expect. If you choose to move forward, you will have the opportunity to schedule your 3 video calls with Becky.

Step 2: Register and purchase the assessment to be completed online.

Registration is simple and payment can be made online or over the phone.

Step 3: Each partner receives an email with instructions to complete the assessment online.

Once payment is received, Becky will send each partner an email with instructions about how to access and complete the assessment online. The assessment must be completed by both partners prior to beginning video sessions.

Step 4: Begin video sessions with Certified Facilitator Becky Stevenson

You will review your assessment results as a couple, identifying areas of strength and opportunities for growth. You will receive personalized feedback and support, and have the opportunity to talk through important issues together.

Step 5: After completing the pre-paid sessions, the couple may choose to purchase additional sessions, if desired.

If after completing the initial 3 sessions, you wish to meet with your Facilitator for one or more additional sessions, you may purchase and schedule them directly with her. Once you have completed the initial course, you are free to reach out at any point—whether it's a month later or a year later—for check in sessions or ongoing support.