

Loving with Intention: A Guide for Relationship Coaching

by Lisa G. Kramer, MSW, PCC

Are you a professional coach with a desire to assist couples in creating the relationship of their dreams? Or, a psychotherapist looking to transition into professional coaching? Relationship coaching is an emerging niche in the burgeoning field of professional coaching. According to the International Coach Federation, “professional coaches provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches help people improve their performance and enhance the quality of their lives...they believe the client is naturally creative and resourceful. The coach's job is to provide support to enhance the skills, resources, and creativity that the client already has.” (www.coachfederation.org)

Relationship coaches partner with their clients to narrow the gap between where they are now and where they want to be. *Loving with Intention: A Guide for Relationship Coaching* is a practical, hands-on guide for working with couples. Whether you are an experienced coach or brand new to the profession, this book provides you with the tools necessary to establish successful coaching alliances with couples that will transform their relationships.

A Personal Note

It is often said that we teach what we most need to learn. In my former career as a clinical social worker and social work professor, I received certification in Imago Relationship Therapy, the work of Dr. Harville Hendrix, best-selling author of *Getting the Love You Want*. I found Dr. Hendrix’s work to be invaluable in both my own marriage and in my work with couples. I also incorporated the principles of Imago theory in teaching graduate students. In 1998, I discovered professional coaching and embarked on a new career, leaving the world of social work behind. Or so I thought...

In 2003, Dr. Patrick Williams of the Institute for Life Coach Training asked me to develop an advanced course in relationship coaching. He was particularly interested in combining Imago theory and coaching as an innovative approach to working with couples. I developed a framework for coaching couples, the Conscious Relationship Coaching Model, that integrates life coaching and Imago theory. Perhaps the greatest learning for me throughout my work as a coach, particularly in relationship coaching, is that the work begins with me first. My own relationship has undergone a powerful transformation and continues to inform me as I work with couples to create the relationships of their dreams!

Who This Book is For

- *Newer coaches*
You may currently be in a coach training program or have recently completed one. You would like to include relationship coaching as part of the services you offer your clients. This book provides the foundation to assist you in gaining confidence, competence and clarity in your work with couples.
- *Experienced coaches*
You have been actively coaching for several years. You have completed coach training, and you feel confident in your coaching. You are looking for a model to increase your proficiency in working with couples. This book provides a structure to enhance your coaching effectiveness.
- *Psychotherapists, counselors, marriage educators, and clergy*
Your work includes counseling and educating couples to improve the quality of their relationships. You recognize that some couples require more healing while others are looking for tools to deepen their connection. You are familiar with coaching and would like to incorporate coaching techniques into your toolkit. This book provides you with strategies and skills necessary to sustain powerful relationships with couples.

Why Read This Book

Loving with Intention provides you with a practical coaching model, the Conscious Relationship Coaching Model™, to successfully establish and sustain coaching relationships with couples. You are guided through a process with specific action steps that assists you in applying the Model with ease. With real-life vignettes, coaching tools and strategies, you will gain confidence and competence in working with couples. You will never wonder how to proceed with your clients. The Model gives you clear direction and focus to assist your clients in creating a relationship vision and then implementing a plan to achieve the vision.

While this guide is designed specifically for working with couples, the Conscious Relationship Coaching Model™ can be applied to working with individual clients as well. In my work as a professional coach, I have successfully coached individual clients who want to enhance the relationship area of their lives. However I believe that relationship coaching is most effective when both partners are engaged in the coaching relationship.

Skills and Processes You Will Learn

- Design a coaching alliance with each client/partner and with couples
- Create a personal vision with each partner including values clarification and life purpose
- Create a shared relationship vision with couples
- Establish an action plan with couples to achieve the relationship vision
- Implement the action plan using various coaching skills
- Be authentic as a relationship coach

The outcome: happy couples with fulfilling relationships!

This book will be available for purchase in August, 2005. To order a copy, send an email to Lisa Kramer at lisa@livingwithintention.com or call Lisa at (610) 527-4511.

