

Nearly 50 percent of marriages end in divorce and about 20 percent of those divorces occur in the first five years of marriage.

WHAT IS PREPARE/ENRICH?

PREPARE/ENRICH was designed to help work more effectively with premarital and married couples. It offers five different assessment tools, each specific to a couple's situation, to aid couples in building a stronger and happier marriage. This inventory helps couples focus objectively on critical issues in a relationship. Through a series of questions, this tool is able to identify areas in a relationship that need to grow and strengths that will enable the couple to progress in a positive direction.

After completing the questionnaire, a couple meets with a trained professional who uses the computer generated report to

give valuable feedback on the relationship. A couple is encouraged to address problem areas and plan how they can accomplish healthy growth in their relationship. PREPARE/ENRICH is an accurate and useful tool in helping couples evaluate where they are, where they want to be, and if they are headed in the right direction.



ARE YOU HEADED IN THE RIGHT DIRECTION?

PREPARE/ENRICH

Linda Malm
1914 Thomes Avenue
Cheyenne, WY 82001

307.631.9931
lkmwy@msn.com

Jami Kirkbride
3204 Road 139
Meriden, WY 82081

307.246.3348
JamiKirkbride@hotmail.com
JamiKirkbride.com

PREPARE/ENRICH
BUILD A STRONGER MARRIAGE

PRE-MARITAL
COUNSELING
AND
MARRIAGE
ENRICHMENT



WHAT DOES PREPARE/ENRICH OFFER?

Marriage is one of the most complex of all human relationships. Joining two people, two lives, two pasts, and two futures to last a lifetime...that's a big deal! Unfortunately, most couples find they're not adequately equipped to deal with the challenges faced in marriage.

Oftentimes, couples do not possess the communication skills necessary to resolve conflict and navigate through those challenging issues. This is precisely why PREPARE/ENRICH can be a great tool for couples whether they are:

- preparing for marriage
- experiencing difficulty in their marriage
- seeking to make an already good marriage even better!

~ For Premarital Couples ~

Many couples spend a great deal of time planning their wedding. But rarely does a couple put that much time into planning for life after the wedding day. Findings suggest a significant proportion of couples experience serious marital conflict early in marriage.

PREPARE will help:

- Identify areas of strength and growth
- Improve communication
- Increase your ability to resolve conflict
- Gain appreciation for Family-of-Origin
- Build on your relationship strength areas
- Deal with financial goals and budget
- Discuss personal, couple and family goals
- Improve your chances for a happy marriage

~ For Married Couples --

Whether your marriage is in crisis or if you are just trying to make your marriage better, ENRICH has tools that can help navigate the later stages of a marriage. It can be helpful to get an objective assessment of where you are and how to get where you want to be.

ENRICH will help:

- Expand your communication
- Identify areas that may be causing difficulty
- Improve your skills in resolving conflict
- Increase the vitality and happiness of your marriage

ABOUT THE PROFESSIONALS ~

For 15 years now, Linda has watched first hand as premarital couples gain insight into their relationship while using PREPARE/ENRICH. She's found this assessment accurately identifies strengths and growth areas so couples can be prepared to face the challenges of marriage in five developmental phases.

Linda works as a counselor with couples, individuals and children. She specializes in children who have experienced trauma and neglect. She is also certified in the DISC personality assessment and does team building in the workplace. She enjoys volunteering at her church.

Linda is married and has three grown children and five grandchildren.



Within just minutes of meeting Jami you will find yourself feeling relaxed and ready to face the issues. Her light-hearted manner makes it easy to talk about life, even the complicated topics. Her own personal journey through challenging and painful situations makes her compassionate and understanding of the struggles others face.



In addition to administering PREPARE/ENRICH, Jami works part-time as a counselor, speaker, writer, and certified personality trainer. She is a contributing author to *Laundry Tales*, *Pearl Girls*, *The Mommy Diaries*, and others. Jami lives on a Wyoming ranch with her husband and four wonderful children.

Linda and Jami also offer workshops incorporating PREPARE/ENRICH and personalities. Contact them to design a plan tailored to meet your specific needs.

PREPARE/ENRICH

Linda Malm
1914 Thomes Avenue
Cheyenne, WY 82001

307.631.9931
lkmwy@msn.com

Jami Kirkbride
3204 Road 139
Meriden, WY 82081

307.246.3348
JamiKirkbride@hotmail.com
JamiKirkbride.com