

CVCC-My Catholic Coach 4 Life presents...

Committed Catholic Couples **Power Skills Workshop**

February 22, 2025, ONLINE, 8:30-4:30 PST

Goal: To equip Catholic Couples to develop and maintain strong marriages and to develop skills to support/mentor other couples through difficult times

Learning Objectives of this workshop:

- Understand your Sacramental Marriage and How it fits into God's plan of Salvation
- To Develop a Mission Statement and a Relationship Vision that will keep you on track toward your goal of having a happy, holy marriage
- To Learn Practical Skills that will be useful for managing stress, anxiety, and anger
- To Learn intimate communication skills that will help you to feel heard, understood and cared for
- To Learn how to tune into your own feelings and the feelings of your spouse
- To Learn tools for deepening your appreciation of each other
- To Take 100% responsibility for how you show up in your marriage: verbally, physically, emotionally, and spiritually. Use accountability tools to stretch into the husband-and-wife God has called you to be.
- To Deepen your spiritual intimacy with your spouse through prayer, scripture and relaxed communication

Cost: Early bird special \$175, after January 15th, 2025 - \$249

To Register: Contact Ellen at 573-315-6559 or email her at mycatholiccoach@ellentruschel.com

Retreat/Workshop Facilitator: Ellen Truschel, ICF trained coach/LMFT

Ellen Truschel was born and raised in the Central Valley of California and has recently relocated to Southeast Missouri. She has been blessed to be married to her wonderful husband Jeff for 31 years has two amazing faith-filled adult sons. Ellen is a licensed marriage and family therapist and the CEO of Central Valley Counseling Center. She has worked in the field of mental health for 35 years and is now also working as a Catholic Relationship Coach and Spiritual Formation Coach with a focus on assisting clients through transitions, losses, and crosses. Ellen has served in a variety of ministries including youth ministry, marriage preparation, healing ministry, marriage retreats, healing retreats, and personal growth year-long programs. Her special calling is to strengthen Catholic Marriages through providing relationship skills workshops and retreats with the primary goal of mentoring Catholic couples to bring these skills to their own home parishes. Her favorite saying is to "Light one candle instead of cursing the darkness".