

Coaching Couples

The first person I coached was my wife. I had done the StrengthsFinder assessment for myself and found it revealing, reassuring, and empowering. I could not wait to see what it would reveal about her. When we received her results it was not only revealing, but also enlightening. Her signature themes included Strategy, Context, and Activator. She did not quite understand Context. I saw it right away, but I walked her through the discovery. The more questions I asked her, the more her face lit up. It turned out that the evening prior to her assessment she had gone to the Library of Congress website just to browse through their historical novels and writings. Finally, it made sense!

It also helped her to understand that the differences in the way we, as a couple, approached things did not need to become points of contention. This was another benefit. As she learned about the Strategic theme, it confirmed for her that God had created her with the instinct to look at things through that lens. Once she saw the delight on my face, as that also brought clarity to me, she could not contain her excitement in knowing how it would influence the way in which we related to one another and worked together with others.

My wife not only found blessing in understanding her own signature themes, but she also went on to get coach training. Now, we love to coach couples through the assessment together. We help them to embrace the way God created them, as well as understand how their signature themes/strengths help them relate to each other.

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Communication | Positivity | Activator | WOO | Belief