



12
WEEK PROGRAM

Family & Marriage Coaching

12-Week Wellness Coaching Program

The journey to wellness is a life-long process that includes triumphs and setbacks. Life skills are not a one-stop shop deal; they take unwavering faith in God, commitment, time, practice, and patience.

The Haqq Life 12-Week Program will provide the building blocks to secure the skills you need for health and wellness in your life and religion.

The one major factor in any wellness journey is what tools you have to build and who supports you during your building process. I am not only here for you but also with you through it all. Your journey starts with a discovery call.

Discovery Call:

On this initial call, we will become acquainted with one another. We will clarify our commitments to your overall 12-Week Wellness Plan. You will know what to expect from me and me from you. Together, we will discover your areas of need and set wellness goals to meet over 12 weeks.

Each quarter of your specifically tailored Program (4-week period), we will meet a desired growth milestone. You will be journaling and other action plans in between sessions.

- With my Program, you will receive a one (1) hour weekly scheduled session via Zoom, telephone, or whichever is convenient.
- You will be able to reach me in times of distress as needed in between sessions.
- Guided meditations and visualization exercises to enhance your learning experience.
- A curated library of affirmations, prompts, and exercises for ongoing exploration.
- At the end of the 12 weeks, we will recap on what we've accomplished together.

Note

This framework is a flexible guide, and specific interventions and exercises can be adapted based on individual needs and preferences. The core focus is on providing tools and guidance for exploring your inner world, understanding your motivations, and embracing your authentic self with acceptance and self-compassion.

- Collaboration with mental health professionals may be recommended for further support and individual therapy.
- Fostering a safe and non-judgmental space is essential for participants to feel empowered to share their stories and heal.

Family & Marriage Coaching: 12-Week Framework for Strengthening Your Bonds

Nurture the most precious relationships in your life. This Program provides the tools to strengthen communication, resolve conflicts, reconnect with your partner, and cultivate healthy family dynamics. You'll gain insight into your relationship patterns and learn strategies to foster greater understanding, intimacy, and lasting connection.



Quarter 1: Laying the Foundation (Weeks 1-4)

Individual Check-Ins: Understand each family member's perspectives, desires, and areas of concern through individual coaching sessions.

Communication Workshop: Learn and practice effective communication techniques, including active listening, clear expression, and empathy.

Family Visioning: Define your shared values, goals, and vision for your family unit. Create a "Family Mission Statement" to guide future decisions.

Conflict Resolution Tools: Master constructive conflict resolution skills through role-playing and practical exercises. Learn to express needs assertively and navigate disagreements respectfully.

Quarter 2: Building Bridges & Trust (Weeks 5-8)

Love Languages Assessment: Discover each other's primary "love languages" (e.g., acts of service, words of affirmation) to nurture connection and understanding.

Strengthening Intimacy: Rekindle emotional and physical intimacy through quality time, shared activities, and open communication around intimacy needs.

Parenting Partnership: Collaborate on effective parenting strategies, discipline methods, and creating a healthy family environment.

Appreciation & Gratitude: Cultivate a culture of appreciation, celebrating individual and family achievements while expressing gratitude for one another.

Quarter 3: Thriving Together (Weeks 9-12)

Family Rituals & Traditions: Establish meaningful rituals and traditions that build shared memories, strengthen unity, and foster joy.

Financial Planning & Communication: Openly discuss financial goals, budgeting strategies, and responsible money management as a family unit.

Building Resilience: Develop individual and family coping mechanisms for navigating challenges, maintaining healthy emotional boundaries, and supporting each other in times of stress.

Celebrating Growth & Looking Ahead: Reflect on your progress, acknowledge strengths and areas for continued growth, and set shared goals for the future as a thriving family unit.

Exit Session:

Express gratitude for the growth journey, share final insights and learnings, and discuss resources and strategies for maintaining healthy family dynamics and positive communication beyond the Program.

COACHING INVESTMENT

\$2400

FULL PAYMENT OFFER

\$1997

CONTACT



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