

## JANIE LACY, RELATIONSHIP EXPERT

Janie Lacy has a passion to reach out and help people grow and mature through difficult life situations. She has a relational approach and a unique ability to connect with individuals.

Drawing upon her broad range of experience in private practice, not-for-profit organizations, hospitality and the medical industry, she has helped countless people in many arenas of life. She offers keen insight on all aspects of relationships – family, marriage, parenting, dating, and personal growth.

### Janie's Philosophy:

Janie believes that everyone has a story. These stories give meaning and purpose to the chaos of everyday life. Janie believes that people can get stuck in their life with unhealthy coping mechanisms, unhealed past traumas or wounds deep inside themselves. Janie invites people to take a journey with her to discover their own life story by helping them make connections with their behavior and needs, recognize the patterns, as well as why they have developed those patterns. Janie's passion is to walk alongside individuals as they face past wounds to create healing in their lives.

*"Janie, you've inspired me to want to help others live better lives. I'm very glad I met you." -Mary*



Depression & Anxiety    Adolescence Teenagers    ADHD & Defiance    Divorce Support



Children & Families    Marriage & Pre-Marital    Women's Issues    Leadership Camps

TLC Services covers many other issues including Abuse Issues, Social Skills, Summer Camps, Eating Disorders, OCD, Parenting Coaching, PTSD, and more.



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## SECRETS TO MARRIAGE SUCCESS



## TOTAL LIFE COUNSELING

## CREATING A SUCCESS STORY



### BENEFITS OF PREMARITAL COACHING

Let's face it- weddings are EXPENSIVE. But there is an even bigger price to pay on misconceptions, a failed marriage, hurt, betrayal, or deception.

Pre-marital coaching will help reduce the likelihood of these issues by learning to:

- *Identify* your strengths as a couple, and build new ones
- *Understand* and *appreciate* personality differences
- *Strengthen* your communication skills, including assertiveness and active listening
- *Resolve* disagreements using a Ten Step Model
- *Explore* your relationship and family of origin
- *Develop* a workable budget and a financial plan
- *Build* your personal, couple, and family goals

## PREPARE FOR A LIFETIME

Frequently, couples spend more time preparing for the wedding ceremony than for their marriage relationship. Marriage is an adventure, so make sure you find the right tour guide who will teach you the tools that will help you Prepare for a Lifetime.

Workshop Outline:

Day 1:

Identify Strength & Growth Areas

Communication Skills: Learn how to share hearts instead of just exchanging words

- *Marriage conflict is often rooted in how men and women communicate so differently. It is important to enjoy those differences to create intimate marriages and healthy families.*
- *Disagreements frequently flare into seemingly irresolvable situations that leave everyone bitter and angry.*

Day 2:

Personal Stress Profile: balancing priorities

Expectations Management

Conflict Resolution: How to Fight Fair

- *Did you know that how you argue is the best predictor of divorce?*
- *Identify the fight cycles in marriage and introduce highly effective ways for married couples address their disagreements.*

Day 3:

Financial Management

Love & Intimacy: Possible Barriers to Intimacy

- *Often couples look back and wonder what went wrong? What causes us to struggle? Have I done something wrong?*
- *Intimacy is a special place we each desire to experience and maintain with our spouse. Honesty, openness, communication, respect, unity, and affection help to deepen intimacy.*

Have fun celebrating the differences between you and your partner. As we realize and understand our differences we can see how they play into our relationship with each other, those we interact with at work, church, and in the community as well as our families. Join us for this interactive, dynamic couples' workshop.

