



Session 1: **The Story of Us** (1 hour)

Follow Tommy and Tammy's story as they went from excitement to boredom, from boredom to despair, from despair to destruction, from destruction to renewal, from renewal to enthusiasm!

- Hear how their relationship caught fire, almost burned out, then re-ignited.
- They'll share what they learned from their own mistakes.
- Learn how Tommy and Tammy came through the fire to become a marriage on fire.

Sessions 2 and 3: **The Secrets We Learned** (2 hours total)

"Communication is essential to the life of a marriage... If you don't communicate, your marriage will die." Dennis Rainey

Good communication is the foundation of a strong marriage and the key to improving your relationship. Tommy and Tammy will share two incredible tools that have transformed their communication.

- The #1 tool for gauging your spouse's love tank
- One simple exercise to get you and your spouse on the same page
- 6 simple steps to greater communication

Sessions 4 and 5: **The Styles of Love** (2 hours total)

Quit trying to change your spouse. Respect your spouse for who God created them to be and together you can change your marriage. When couples realize they play different roles on the same team, they can grow a winning marriage. This session will help you better understand, appreciate, and respect your spouse.

- How to better understand your spouse and what they are looking for in you
- How your spouse is energized, how they prioritize, communicate, and make decisions
- Learn how to work together as a team.

Session 6: **The Story of You** (1 hour)

When was the last time you dreamed together as a couple? Get ready because here we go! Each couple will participate in an "Organized Dreaming" exercise to create their future together. Couples who dream and plan together experience more ENTHUSIASM in their marriages. This session will help you find your ENTHUSIASM!

- Learning how to dream together
- Developing a vivid picture of your future
- Learn how to get on the same page
- Discover how to plan, prepare, and expect to have a winning relationship with each other

Session 7: **The Celebration!** (1 hour)

Often, in conversations or even in counseling situations, we are encouraged to visit the past... Today we visit the future! This is a unique experience that not only generates ENTHUSIASM for the future but gives you a taste of what that future holds.

- Celebrate the fire in your marriage!
- Experience your relationship ENTHUSIASM!
- Engage your imagination and get ready to go back to the future.
- This may be the most inspirational marriage experience you have had in a long time.



TOMMY LANHAM

This example is a 7-session example. This can be presented as

- 1-hour overview
- half-day version (3-4 hours) or
- a multiple day event

Here are two examples of possible scheduling. We are very flexible in the scheduling format. The following are simply two possibilities:

One-Day Example:

Session 1

9- 9:50 *am*

Session 2

10 -10:50 *am*

Session 3

11—11:50 *am*

Lunch

12:00—12:50 *pm*

Session 4

1- 1:50 *pm*

Session 5

2 - 2:50 *pm*

Session 6

3 - 3:50 *pm*

Session 7

4 - 4:50 *pm*

Two-Day Example:

Day 1

Session 1

7 - 7:50 *pm*

Session 2

8 - 8:50 *pm*

Day 2

Breakfast

8:00-8:50 *am*

Session 3

9 - 9:50 *am*

Session 4

10 - 10:50 *am*

Session 5

11- 11:50 *am*

Lunch

12 - 12:50 *pm*

Session 6

1 - 1:50 *pm*

Session 7

2 - 2:50 *pm*