

Mr & Mrs EQUIPPED

PRE MARRIAGE
PREPARATION
PROGRAM





PROGRAM OVERVIEW

This pre marriage program is designed to equip couples with the skills, awareness, and tools required to navigate married life intentionally and confidently.

No one gets married planning to divorce.

Most couples simply enter marriage unprepared.

This program focuses on prevention rather than repair, helping couples build a strong foundation before challenges arise.



THE STATS

No one gets married planning to divorce.

Yet divorce remains a reality for many couples.

According to the Australian Bureau of Statistics:

- There were 47,216 divorces granted in Australia in the most recent reporting year
- The median length of marriage before divorce is approximately 13 years
- This means many couples separate well before lifelong partnership is realised

Independent legal and demographic analysis estimates that around 30 to 33 percent of Australian marriages eventually end in divorce, meaning nearly 1 in 3 couples separate at some point in their marriage.

Marriage does not fail overnight.

It fails gradually when couples are unequipped to navigate conflict, communication, and change.

The same studies on premarital counselling and relationship education have found:

- Couples who complete premarital education experience approximately a 30 percent lower likelihood of divorce compared to couples who do not
- These couples report stronger communication, higher relationship satisfaction, and greater long-term stability

SESSION 1 – VALUES & IDENTITY ANALYSIS

Format:

- Individual sessions (90 minutes each)
- Participants: Women with Sussan, Men with Toby
- Focus: Core Belief and Value Analysis

Goals:

- Identify each person's core values and beliefs.
- Understand individual behaviors and triggers.
- Identity Awareness
- Who you are individually and who you are becoming together

SESSION 2

CONNECTION, ATTACHMENT & COMMUNICATION

Format:

Joint Session 90 minutes

Participants:

Couple with Sussan and Toby

Focus:

Healthy Connection Under Pressure

Goals:

- Identify individual love languages
- Understand attachment styles and how they interact
- Recognise patterns of pursuit, withdrawal, or shutdown
- Learn the Healthy Words framework
- Improve communication during emotional moments
- Understand how values intertwine and how to show up better for one another

SESSION 3

LOVE & RESPECT & FIGHT CLEAN

Format:

Joint Session 90 minutes

Participants:

Couple with Sussan and Toby

Focus:

Conflict, Roles, and Relationship Dynamics

Goals:

- Understand the Love and Respect dynamic
- Learn the difference between healthy and unhealthy conflict
- Identify common conflict triggers in marriage
- Learn the Fight Clean framework
- Understand roles, responsibility, and position within the relationship
- Develop tools to repair after conflict

SESSION 4

CLEAN SLATE

Format:

Joint Session 90 minutes

Participants:

Couple with Sussan and Toby

Focus:

Emotional Release and Nervous System Regulation

Goals:

- Identify unresolved emotional baggage
- Understand how past experiences impact current relationships
- Learn nervous system responses within intimacy and conflict
- Participate in the NSR Clean Slate process
- Release emotional charge carried into the relationship

SESSION 5

VAK GOALS – YOUR SHARED VISION & DIRECTION

Format:

Joint Session 90 minutes

Participants:

Couple with Sussan and Toby

Focus:

Future Vision and Goal Alignment

Goals:

- Establish shared goals using the VAK framework
- Align vision for marriage, family, and lifestyle
- Strengthen partnership through collaborative planning
- Develop practical action steps for shared growth
- Create direction to prevent relational drift

PROGRAM OUTCOME

This program equips couples to

- Understand themselves and each other deeply
- Communicate effectively under pressure
- Navigate conflict without damaging the relationship
- Enter marriage without unresolved emotional baggage
- Build a shared vision for the future

Mr & Mrs Equipped prepares couples for the reality of marriage, not just the wedding day.

INVESTMENT

What you receive

- 5 x 90 minute joint sessions
- Two facilitators present
- Structured frameworks
- Pre marriage prevention positioning
- Practical tools they keep for life

Option 1

Pay in full: \$2,200

Afterpay Available As Option

Option 2

2 payments of \$1,150

Afterpay Available As Option

Option 3

5 payments of \$480

Afterpay Available As Option

Mr & Mrs EQUIPPED Program
Investment Price: \$2,200

MR & MRS EQUIPPED

Preparing couples for marriage before problems appear.



“
Love gets you married.
Preparation keeps you married.”