



“The Wives of Excellence Training Program”

A Four-Week Training Program for Women

Wives of Excellence Program Outline

- **Session #1: Tuesday, October 7, 2014** (9pm to 10pm) (Topic: Emotions pt.1)
Class Focus: In this first session, the Wife Coach will lay a foundation by defining the word “emotions” and how negative and positive emotions affects our bodies on a day-to-day basis. She’ll challenge participants to explore their “dominant emotional state,” whether happy, sad, frustrated, angry, etc. and will explore the relationship between “emotions” and “The Holy Spirit.”
- **Session #2: Tuesday, October 14, 2014** (9pm to 10pm) (Topic: Emotions pt. 2)
Class Focus: In this second session, the Wife Coach will discuss how a wife deals with anger, and the methods she uses to help overcome a strong emotional pull in her life. The session will also identify the pitfalls created by anger and how it detrimentally affects the marriage she attempts to build.
- **Session #3: Tuesday, October 21, 2014** (9pm to 10pm) (Topic: Emotions pt. 3)
Class Focus: In this third session the Wife Coach will focus on how our emotions play a role in unforgiveness, and how we choose to live a life of love and forgiveness regardless of those actions perpetrated towards us.
- **Session #4: Tuesday, October 28, 2014** (9pm to 10pm) (Topic: Emotions pt. 4)
Class Focus: In this fourth and final session the Wife Coach will give tips on how to gain mastery over your emotions and assert them in ways that help divorce-proof your marriage.
- **Session #5: Saturday, November 1, 2014** (11:30am to 1:30pm)
Class Focus: Women’s brunch in New York City! Enjoy and relax in a fun, vibrant social environment with those who took part in the Wives of Excellence Training Program!

Training 4: we will discuss how negative and positive emotions affect your body and your day to day activities.

“What you do makes a difference.”

