

2:2 Coaching

Couples



Description

2:2 Coaching is a personalized experience designed to help couples gain clarity, navigate internal and external challenges, and move forward with intention.

Each coaching relationship is built around the couple—their context, communication patterns, relationships, leadership responsibilities, and desired direction.

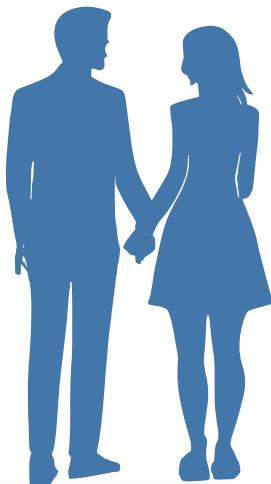
Rather than offering advice or quick fixes, our coaching focuses on awareness, perspective, and practical tools that support meaningful change. Sessions create space to slow down, think clearly, and address the root causes of frustration, conflict, or stagnation—so progress is sustainable, not temporary.

Outcomes

Coaching will help you with:

- Increased self-awareness and personal clarity
- Improved communication and relational effectiveness
- Greater confidence in decision-making
- Reduced internal conflict and frustration
- Clear direction and intentional next steps
- Sustainable personal and leadership growth

Add-ons



5 Voices for Couples

Individual Coaching is designed to help you gain clarity, understand internal patterns, and navigate personal or relational challenges. By increasing self-awareness and intentionality, you build a stronger foundation for healthier decisions, communication, and growth.



The Peace Index

This workshop delves into understanding how Chaos affects you and provides you with practical exercises to help you solve your real-life issues around Purpose, People, Place, Personal Health, and Provision.



The Communication Code

This workshop will outline a leadership tool that will help you develop healthy communication with those you lead. Let people know you are for them by understanding the most effective way to connect with them.



Toolkit Sessions

Each follow-on workshop is customized in scope, duration, and delivery method based on your needs as a couple and desired outcomes. These workshops help with:

- Understanding foundational relationship principles and challenges
- Establish a common leadership and a set of tools to address those challenges
- Learn a simple, scalable process for collaboration
- An increased level of ability to communicate effectively with everyone in your circles of influence
- Learn the appropriate time and situations to be both productive and present with each other
- Develop an increased awareness of the tendencies that undermine a your influence
- And much more



Pricing

Offered at an investment of **\$350** per couple per month.

1:1 Coaching can be added for either individual for an additional **\$100**

5 Voices for Couples

Workshop



Description

Every couple communicates differently - often without realizing why. Each person brings a natural way of thinking, speaking, and responding to stress into the relationship. When those differences are misunderstood or unrecognized, frustration, conflict, and feeling unseen can become the norm.

5 Voices for Couples workshop helps partners discover their natural communication and leadership voices and understand how those voices show up in everyday life, conflict, and decision-making. Couples learn to recognize their own patterns, appreciate the strengths of their partner, and reduce unnecessary tension caused by miscommunication.

This experience is designed to help couples build healthier communication, deeper trust, and a shared language that allows them to navigate challenges with clarity, respect, and intentionality.

Outcomes

- Understand the foundational concepts of the 5 Voices framework for relationships
- Learn how communication patterns impact connection and understanding
- Discover why most couples fight about feeling unheard rather than the actual issues
- Explore how the 5 Voices can transform "Why don't you get me?" to "Oh, I get it now"

Add-ons



The 5 Voices Assessment

This program starts with having every individual take the 5 Voices Assessment. This assessment will help everyone identify their foundational leadership voice as well as their entire voice order.



Discover Your Voices and Voice Order

Learn the behaviors and values of each of the 5 Voices and identify the natural Voice you use in your relationship.



The Power of Your Voice

Celebrate the contribution your Voice brings and learn the negative impact your Voice can have on others.



From Awareness to Application

Move beyond understanding your Voice by practicing simple, intentional behaviors that strengthen communication and connection in everyday life.



How Your Voice Shapes Decision Making

Discover how each Voice approaches decisions differently and learn how to make choices together with clarity, respect, and shared ownership.



How to Liberate Your Spouse

Learn how to bring out the best in your partner by creating safety, encouragement, and space for their Voice to thrive.



Crafting Your Personal Liberation Statement

Identify the specific words and behaviors that help you and your partner feel supported, valued, and understood.



Bringing 5 Voices into Your Family

Apply the 5 Voices language at home to build healthier communication patterns, stronger relationships, and a culture of respect within your family.



Pricing

Offered at an investment of **\$225** per couple.

- 4-hours of guided relationship development
- Includes participant workbooks
- Refreshments
- 4 Couple Minimum



5 Voices for Couples

Are you a couple trying to communicate better, reduce misunderstandings, and deepen your connection?

Even strong relationships experience moments of disconnection, unspoken expectations, recurring patterns, and emotional fatigue. Left unaddressed, these patterns can lead to frustration, resentment, emotional distance, and a gradual breakdown of trust and intimacy. Or perhaps, your relationship is already good—but you know it **could be great**.

Introducing 5 Voices for Couples

A Relationship Communication System

A practical, shared language to better understand yourself and your partner, reduce conflict, increase empathy, and strengthen emotional connection.

This is about learning how to be **for** each other, not just **with** each other.

What You'll Experience

Personal & Team Exercises

Shared Communication Language

Learn why you communicate the way you do, and why your partner communicates differently. Eliminate misinterpretation and assumptions. Increase clarity, safety, and trust.

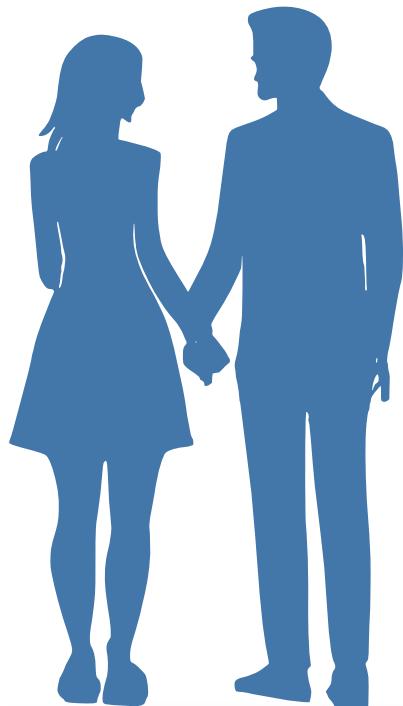
Couples Discovery Conversations

Guided discussions and simple exercises that bring understanding, appreciation, and new patterns into your daily life.

Personal & Relationship Growth

Self-awareness leads to behavior change.
Behavior change leads to healthier connections. A healthier connection leads to stronger love.

We simply provide the structure and the tools to help couples grow intentionally—together.



**5 Voices for
Couples**

[Start here with a free discovery call](#)
or reach out to Jimmy at (907) 382-4505 call or text

Jimmy & Sha-rayda



Jimmy & Sha-rayda Bates are a military couple who have spent over a decade navigating life, leadership, and relationship through the realities of service, transition, and growth. Married for 12 years, they have built their relationship through cross-country moves, multiple deployments and TDYs, the raising of three children into adulthood, and the shared experience of loss, change, and resilience.

Jimmy, a retired U.S. Army Airborne Infantry combat veteran and leadership coach, and Sha-rayda, a Field Artillery Major in the United States Army with a Master's degree in Psychology and current doctoral candidate, bring a rare blend of real-world leadership experience and behavioral science to their work with couples. Together, they understand firsthand the pressures that mission-driven careers, constant transition, and high responsibility can place on communication, identity, and connection.

Their approach to couples development is grounded in both lived experience and professional expertise. Through frameworks like the 5 Voices for Couples, they help partners better understand themselves, communicate with clarity, and build relationships marked by trust, peace, and intentional growth. They believe strong relationships are not accidental — they are built through self-awareness, shared language, and the courage to grow together.

Jimmy and Sha-rayda are passionate about helping couples move from misunderstanding to alignment, from survival mode to intentional connection, and from internal chaos to relational peace. Whether working with military couples, first responders, leaders, or families navigating a difficult season, they create spaces where couples feel understood, equipped, and strengthened for the journey ahead.

CONTACT

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