Who we are

For over 35 years, Prepare/Enrich has provided Facilitators and couples with data-driven relationship insights that create clarity, focus, and a framework on which to build resilient relationships.

Developed out of a need to evaluate relationship program effectiveness, it was propelled forward by the trifecta of theory, research, and practice, making it the most trusted and proven effective relationship assessment today.

“We have found that the assessments help the clergy to better ‘know’ their couples, and therefore, it helps them to support and guide the couples they are preparing for a Catholic marriage.

As the Director of the Family Life Office, I am happy and pleased to have Prepare/Enrich as our partner, continually helping us meet the needs of couples preparing for a Catholic marriage with the Prepare/Enrich and Catholic Couple Checkup™ assessments. Prepare/Enrich has been exceptionally attentive to our unique needs, working with our staff in a timely and collaborative manner.”

Kathy Wither, D.Min.
Director, Family Life Office
Archdiocese of New York

By the numbers

Prepare/Enrich and components of the assessment have been mentioned in over 1,200 peer reviewed journal articles, resulting in it being one of the most researched assessment tools.

Our worldwide network consists of over 125,000 Certified Facilitators and 1,000 Trainers from a wide variety of backgrounds and professions - from pastors to therapists to social workers to marriage mentors.

Over 4 million couples have experienced the life-changing benefits of our powerful relationship insights.
The Assessment

Our dynamic relationship assessment cuts through the noise of all of the potential areas of a relationship to work on and highlights specific strength and growth areas unique to each couple, enabling Facilitators to show couples the work that is crucial for growth.

It's suitable for couples in all phases and stages of life, including those preparing for marriage and as well as those seeking marriage enrichment.

*Catholic Version of the assessment includes scales developed in collaboration with our Catholic partners. Workbook for Couples (Catholic Version) also available.*

How we serve churches

Certification Training

Pastors, church leaders, and staff become Certified Facilitators via Live Workshop or Online Training.

- Live Workshops conducted by passionate, knowledgeable Trainers across the U.S. who can answer questions live
- Catholic Online Training can be completed at one’s own pace and convenience
- Visit www.prepare-enrich.com/catholic for more information

Couple Checkup™ for your Church

Church leaders get a pulse on the health of relationships in their church by offering a shorter, less clinical version of the assessment (Catholic Couple Checkup™) to the entire congregation.

A group summary report illuminates the relationship strength and growth areas of the congregation as a whole.

- Form smart, effective long-term strategy by knowing where to focus your efforts
- Plan relevant, specific content for sermons and small group curriculum that meets the needs of the congregation
- Flexible pricing options available

Learn more

Prepare/Enrich is a great fit for any church interested in developing a premarital program, learning about the state of relationships across the congregation, or simply wanting to better serve its couples.

To learn how you can bring Prepare/Enrich to your diocese, contact:

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