

Coaching: Marriage Matters



Week 25

Marriage As Teamwork

Marriage is a unique and intimate relationship; however, it is not so unique that the concepts applicable to other group endeavors cannot be applied to what two people experience in marriage. Simply put, while it may be easy to compartmentalize our thinking about how marriage works, we must be aware that if we want to build a healthy and productive marriage, understanding the dynamics and importance of teamwork is crucial.

Similar to functioning within a workplace team, you and your spouse need to first be unified by shared core values. Secondly, you and your spouse must learn how to establish the ground-rules for decision-making. Thirdly, it is important that the goal and purpose of what issue is being decided upon is aligned between each spouse.

More so, there needs to be a mutual accountability where you and your spouse communicate freely in evaluating results against goals, identifying opportunities for improvement, and celebrating achievements. This interaction is best experienced when it takes place within an atmosphere of mutual respect and transparency (as openness, honesty, and collaboration build commitment and trust).

When there is a shared vision, open communication, and honesty among team members—the chances for success in the workplace greatly improve. And when you and your teammate (spouse) apply these same principles to your marriage, you will experience greater satisfaction and create space for greater joy, peace and fulfillment.

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