



FACILITATOR MANUAL CONTENTS

- Facilitator Implementation Guide
- Background Reading: Physiology of Love (ELEVATE – FS-1)
- Background Reading: Helping Couples Practice Mindfulness (ELEVATE – FS-2)
- Introduction: Taking your relationship to the next level
- **Empower Yourself:** Empower your relationship through empowering yourself
- **Lay the Foundation:** Intentionally committing effort to lay the foundation for a lasting relationship
- **Enlighten:** Sharing intimate information with your partner to enlighten each other about your relationship
- **Value:** Value and respect the positive aspects of your partner and your relationship
- **Attach:** Cultivating and maintaining friendship with your partner
- **Tame:** Cultivate strategies to manage your differences in healthy and safe ways
- **Engage (and Wrap Up):** Engaging social support, community ties, and sources of meaning
- Virtual Delivery Adaptation Guide
- Background Reading: The National Extension Relationship and Marriage Education Model. (Available online at <http://www.nermen.org/NERMEM.php>)

