

Mentor - Cohort Model

What to expect - week by week



WELCOME

Week 1 - 45 to 60 minutes

Introductions and guided discussion

Between Weeks 1 & 2:

Watch [Sessions 1-4](#) in Better Together

Discuss, complete couple challenge

DREAMS & EXPECTATIONS

Week 2 - 60 to 90 minutes

Discussion/tools on topics from Sessions 1-4

Between Weeks 2&3:

Watch [Sessions 5-8](#) in Better Together

Discuss, complete couple challenge

GROWING STRONG

Week 3 - 60 to 90 minutes

Discussion and tools from Sessions 5-8

Between Weeks 3 & 4:

Watch [Sessions 9-11](#) in Better Together

Discuss, complete couple challenge

BETTER FOREVER

Week 4 - 60 to 90 minutes

Discussion and tools from Sessions 9-11

Outstanding questions/topics from couples

Follow-up opportunities

After Week 4:

Watch [Session 12](#) before your wedding

