



**THE  
COUPLE  
BINDERS**

# **BLISSFULLY BOUND**

A 6-Session  
Transformational  
Marriage Programme

Proposed by:

**The Couple Binders**

Facilitators:

**Ronald Kazibwe &  
Lucy Peace Nantume**



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## EXECUTIVE SUMMARY

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Blissfully Bound is a structured six-session marriage enrichment programme designed to strengthen couples in the foundational pillars that most influence marital stability and long-term thriving: faith, family, finances, intimacy, and resilience through life's seasons.

Developed by The Couple Binders, the programme responds to recurring marital challenges observed through years of coaching, retreats, community engagement, and faith-based facilitation.

Rather than offering a one-time motivational talk, Blissfully Bound provides a guided transformational journey that equips couples with practical tools, shared frameworks, and actionable growth plans.

The programme is designed for churches, organisations, and private cohorts seeking to intentionally strengthen marriages within their communities.

## BACKGROUND & RATIONALE

**Across communities, the same marital stress points consistently emerge:**

- Spiritual misalignment
- Financial conflict and secrecy
- In-law and extended family pressures
- Emotional distance
- Difficulty navigating career, parenting, or health transitions

**While many couples begin with love and good intentions, few are equipped with structured tools to sustain growth.**

Strong marriages are not accidental. They are built.

Blissfully Bound was designed to move couples from:

- Survival to intentional thriving
- Emotional reaction to structured communication
- Financial tension to financial unity
- Spiritual drift to spiritual alignment

By strengthening marriages, institutions also strengthen families, leadership stability, and community wellbeing.

## PROGRAMME OBJECTIVES

**The programme seeks to:**



Reinforce the biblical foundation of marriage as a covenant.



Provide frameworks for navigating family pressures and transitions.



Equip couples with practical communication and intimacy tools.



Build long-term resilience across different seasons of marriage.



Strengthen financial alignment and shared wealth-building vision.

# PROGRAMME STRUCTURE

## Duration

6 Sessions

## Length

2hrs each

## Delivery Format

Physical/  
Hybrid/  
Online

### Each session includes:

- Structured teaching
- Guided couple conversations
- Practical exercises & worksheets
- Reflection and commitment moment

# PROGRAMME MODULES

1

## The Covenant Foundation

Understanding God's design, purpose, and identity of marriage.

2

## Bound in Faith

Developing sustainable spiritual rhythms and alignment.

3

## Bound in Family

Managing expectations, parenting dynamics, and extended family boundaries.

4

## Bound in Finances

Building wealth without breaking the marriage — money personalities, transparency, and shared goals.

5

## Bound in Intimacy

Strengthening emotional and physical closeness.

6

## Bound Through Seasons

Equipping couples to navigate transitions, crises, and growth phases intentionally.

## TARGET AUDIENCE

- Married couples (newly married to seasoned)
- Engaged couples (walking towards marriage commitment)
- Couples feeling stuck or drifting apart
- Couples desiring structured growth
- Couples preparing for leadership in church or communities.

Size per cohort:

**10–25 couples  
per cycle**

(for optimal engagement)

## EXPECTED OUTCOMES

Upon completion, participating couples will:



Communicate with greater clarity and respect



Have a shared written marriage growth plan



Handle financial conversations without hostility



Be spiritually aligned and purposeful



Develop stronger emotional connection



Gain tools for long-term resilience



Clarify family boundaries

## DELIVERY MODEL OPTIONS

**Option A:  
Private Cohort**  
Curated group of couples facilitated independently.

**Option B:  
Church Cohort Model**  
Hosted by a church for its members.

**Option C:  
Organisational Model**  
Offered as part of employee wellness or leadership development.

**Option D:  
The Couple Binders cohort**  
Organised and facilitated by the couple binders.

## INVESTMENT & BUDGET FRAMEWORK

The investment structure may be designed in one of the following ways:



**Model 1**  
Per Couple Fee

Per Couple Fee for full 6 sessions.



**Model 2**  
Group or Institutional  
Hosting Fee

Flat facilitation fee covering up to 25 couples for full 6 sessions.

Optional Add-ons (costs to be discussed)

1. Participant Workbook Printing
2. Couple Coaching Session (1-on-1)
3. Certificate of Completion
4. Follow-up Evaluation & Impact Report



## FACILITATOR PROFILE

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Blissfully Bound will be facilitated by The Couple Binders, a couple-led relationship and personal growth platform that supports individuals and couples to thrive through intentional living, emotional maturity, and wholesome relationships.

Founded and led by Ronald Kazibwe and Lucy Peace Nantume, The Couple Binders combines lived experience with structured facilitation to create safe, honest, and transformative spaces for couples.

Married since 2010, Ronald and Lucy bring both authenticity and depth to their work. Over the years, they have journeyed with couples through mentorship sessions, retreats, structured programmes, media engagements, and community forums, consistently addressing the real issues couples face around faith, finances, family dynamics, intimacy, and life transitions.

Their facilitation approach is:

- Faith-rooted yet practical
- Structured yet relational
- Honest yet compassionate
- Transformational yet actionable

Beyond their work with couples, they bring professional experience in leadership, governance, mentoring, and programme design and management, enabling them to deliver well-organised, impactful sessions that move beyond inspiration into measurable growth.

More about their work can be found at: [www.thecouplebinders.com](http://www.thecouplebinders.com)





## SUSTAINABILITY & IMPACT

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Blissfully Bound is not a one-off intervention.

Participating institutions may:

1. Run annual cohorts
2. Train selected couples as peer champions
3. Integrate modules into existing family or leadership programmes
4. Create alumni networks for continued accountability



## CONCLUSION

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**Strong families build strong communities.  
Strong marriages build strong families.**

Blissfully Bound offers a structured, intentional pathway for couples who desire more than coexistence, but covenant-driven thriving.

We welcome the opportunity to partner with you in strengthening marriages that will stand the test of time.

Submitted by:  
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# THE COUPLE BINDERS



## REACH US

here

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