



Marriage Mentoring 3.0, Better Mentoring, Better Couple Results, and Trends in India

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Abstract:

I work with young married couples and families with relationship issues (anxiety, phobia, depression, stress etc.) for the last 2 decades and mentor them for lifetime results, so far i have helped 25 k couples in the society. I am very excited every day to get up in the morning. It is a God-given opportunity to serve strained couples and make them lifetime friends. Most my couples 'segment are working couples from software industry spread throughout the globe. I mentor them for three months to six months online and produce results. I go by the simple quote as a rule, "what you cannot measure you cannot improve" and "what you cannot diagnose you cannot prescribe." There are three-generation of couples with different values. The "Radio" generation which focus on "loyalty" as their value, the "Tv" generation couple focusing on "stability" as their value and the "Mobile" generation couple focusing on "variety" as their value. We have seen many stand-alone support systems for rescuing the troubled married couples using different "skills-training program" in different ways, to mention a few they are "Books", "Parents Training workshop". "Counselling session" and "coaching session". In my last 20 years of practise i have seen symptoms relapsing after few weeks and failing badly. If one can analyse the above model, this model can be called hunting model where the client is at the driver seat, like a hunter runs or ruins the whole process., if the hunter is not hungry the process fails. I started looking for alternative methods of producing sustainable and ever lasting results for the troubled couples, one of the prime requirement is both (couples and expert) should take joint ownership of the process. As



an exHRD manger of a big corporate company in Indian working with 0.10 million employees i was exposed to several training models and on introspection I realized mentoring model fits into my requirements. I have witnessed two mentoring models (academic and entrepreneurship) working successfully, i benchmarked this into couples relationship arena and call it as mentor model version 3.0.

Biography:

Dr P T Sunderam is Pioneering Married couples Relationship Mentoring movement for the last 2 decades in India. He is CEO and Mentor of NTC academy. He has saved 25 k families through his online mentoring throughout the globe. He is graduate from Osmania university, he completed his MS (counselling and psychotherapy) and His Doctoral thesis is an Application study of NLP (neuro Linguistic Psychology) "Sleeping disorder with prisoners" of Hyderabad central jail inmates. His mission is to empower 1 million young couples of the society.

Addiction, Depression & Suicidal risk; Rome, Italy; September 30, 2020

Citation: P T Sunderam; Marriage Mentoring 3.0 Better Mentoring, Better Couple Results, and Trends in India; Webinar on Depression; Rome, Italy; September 30, 2020