



The Exhortation

Using Knowledge & Encouragement to EXHORT People to GREATNESS

Equipping. Enriching. Empowering. Encouraging. Energizing . . . Exhorting People to Greatness

Regardless of the number of years that you have been married, you will agree with me that **marriage is the most delicate undertaking in this world; and for it to survive, it requires consistent nourishment, unabashed attention, constant compromise and the daily renewal of our marital vows.** But how do we make our marriage thrive when statistics indicates that one in every two marriages ends up in divorce?

Well, come find out in the 5th session of our quarterly . . .

Marriage Enrichment Forum

Date	Saturday, August 25 th , 2007	Time	4:00 P.M. – 8:00 P.M.
Theme	Listening to his/her Heart	Venue	'Request by email'



In The Exhortation World Outreach, we strongly believe that marriage is between a man and a woman exclusively, and that it was created by God for the purposes of [Procreation](#), [Mutual Support](#) and [Mutual Satisfaction](#). This is why we formed this quarterly forum to facilitate exciting marital activities in an open, encouraging setting for the purpose of enriching and energizing your marriage.

"My husband and I have wonderful learning experiences in these forums. It was really nice to be reminded that the problems Neigel and I have are pretty much the same as most couples have and to receive feedback on some different methods to try to help lessen the problems and improve our understanding of each other".

- Amanda

It was the 1st time that I attended a seminar to discuss such an important social topic. Learning about other couple's experiences can bring a lot in your marriage. My wife and I have learned a lot from the seminar, especially when people are open-minded. We are practically working to improve our marriage and are looking forward to joining the group at the next session.

- Roger

For more feedback, click on http://www.theexhortation.com/texh_files/feedback/programFeedback.htm
To register, click on <http://www.theexhortation.com/forms/registForm.htm>

Register now AT NO COST by emailing alex.ihama@TheExhortation.com, and quickly extend this invitation to other couples as well because marital stress and regrettably, divorce, is more due to the lack of marital wisdom, understanding and knowledge than the statistical claim of incompatibility.

*"Only the curious will learn and only the resolute overcome the obstacles to learning".
(Eugene Wilson)*

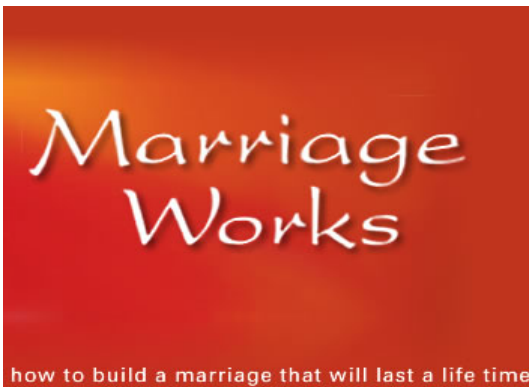
Accordingly to Leo Buscaglia, "Perfect love is indeed - for to be a lover will require that you continually have the subtlety of the very wise, the flexibility of the child, the sensitivity of the artist, the understanding of the philosopher, the acceptance of the saint, the tolerance of the scholar and the fortitude of the certain". Thus, recognizing the consistent necessity for ENCOURAGEMENT in this life's most blissful journey, [The Marriage Enrichment Forum](#) was formed to act as a SOURCE of ENCOURAGEMENT for couples with [The REAL Desire](#) to cultivate BLISS in their marriage and relationship. Facilitated on a quarterly basis by [Alex Nosa Ihama](#), the forum BRINGS determined couples together to discuss marital successes and challenges, as well as applicable tools, techniques and resources in a fun, open setting for the purpose of EQUIPPING, ENRICHING, EMPOWERING, ENERGIZING and ENCOURAGING their respective relationship and marriage.



According to Kassie who is a regular participant in these forums, *"My husband and I really enjoy the Marriage Enrichment Forums; not only are they great date nights, they are very informative and lots of fun. It is great to be reminded of how we really are NOT alone in our marriages"*. In the words of Wendy, another regular participant, *"The Marriage Enrichment Forums remind me that our environmental and familial influences merge together to make us who we are today. I learned that through having constant involvement with strong Christians who are willing to be real with us, we can be vulnerable and molded. One of the most rewarding parts in (one of) the forums was when we*

were asked to turn to our spouse and let them know what we appreciate about them. This was a simple, but very important reminder that enabled us to not take for granted our amazing spouse. The forums that you have offered thus far have been extremely valuable to us, you may have no idea."

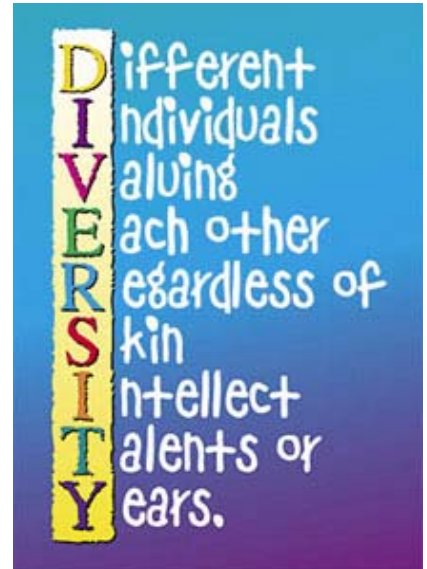
At The Exhortation World Outreach, we STRONGLY believe the following about marriage:



- ⇒ It is between a man and a woman EXCLUSIVELY, and was created by God for the purposes of [Procreation](#), [Mutual Support](#) and [Mutual Satisfaction](#).
- ⇒ MARITAL STRESS and regrettably, divorce, is more due to the lack of wisdom, understanding and knowledge about the concept of marriage than the statistical claim of incompatibility.
- ⇒ The key to MARITAL GROWTH is in individually, and as a couple, hopefully, cultivating [The REAL Desire](#) to make it happen. [The REAL Desire](#) means to tirelessly pursue marital wisdom, understanding and knowledge through

the Bible and other applicable spiritual and self-help books; seeking and considering advices from other people; and the willingness to humbly change personal character traits in order to prepare the way for God to BLESS your effort.

With the age of regular participants ranging from twenties to near sixties, and married years ranging from less than a year to over 30 years, **the diversity of the participants provides the forum with a vaster pool of KNOWLEDGE and EXPERIENCE to draw from.** This is in addition to the participants being representations of numerous cultural backgrounds like Cameroun, Nigeria and South Africa from Africa; Barbados, Jamaica and Trinidad and Tobago from the Caribbean; as well as Australia, Malaysia, India, England and Switzerland, amidst a good number of Canadians. **Another benefiting composition is the participation of couples of diverse religions, interracial marriages and blended families.**



The remarkable diversity of the participants was intentionally created in order to strategically position the forum to meet the marital needs of the diverse people in our society. It enables more seasoned marital discussions based on many, many years' worth of marriage knowledge and experience, as well as tables the best tactics of how to ENRICH and ENERGIZE marriages from numerous cultural and religious perspectives. "If man is to survive", Gene Roddenberry once quipped, "he will have learned to take a delight in the essential differences between men and between cultures. He will learn that differences in ideas and attitudes are a delight, part of life's exciting variety, not something to fear".

In his welcome speeches, Alex often commends participants for seizing the opportunity to learn more about how to ENRICH and ENERGIZE their marriages. He said that from his own personal experience, and also after working with so many couples to energize their marriages, **opportunities like this [Marriage Enrichment Forum](#) is VERY instrumental in marital growth, for it provides opportunity to discuss and learn (or relearn) new ideas from other couples.** In his words to participants, "Your enthusiasm about participating in this [Marriage Enrichment Forum](#) indicates your desire to have a more fulfilling relationship with your spouse. So consider yourselves heroes and heroines because I am confident that Satan and his society must have given you every possible reason not to attend; but your desire PREVAILED. And may God continue to give you the strength necessary to keep the devil at bay from your marriages".



While the [Marriage Enrichment Forum](#) is also a place to learn applicable tools, techniques and resources on how to help your spouse deal with his or her own marital or personality challenges, husbands and wives, and even dating and engaged partners are mainly EXHORTED to implement personal changes that often instigate and influence the personal effectiveness of their partners for the better. **At EVERY Marriage Enrichment Forum, participants are guaranteed to learn, relearn or unlearn at least one thing that will help take their marriage to an even greater height.** In the words of Roger, a husband of fourteen years, and yet another regular participant in the [Marriage Enrichment Forum](#),

"Learning about other couples' experiences can bring a lot in your marriage; my wife and I have learned a lot from these seminars, especially when people are open-minded. We learn practical ways to improve our marriage, and are always looking forward to joining the group at the next session".

About Alex Nosa Ihama

Alex Nosa Ihama is a Coach in Life Matters, and the Founder/Executive Director of [The Exhortation World Outreach](#). With the VISION of "SELF-ACTUALIZATION for ALL", The Exhortation World Outreach is a non-profit organization that is focused on helping people and organizations recognize, acknowledge, appreciate and invest their Strengths, Weaknesses, Opportunities and Threats (S.W.O.T.).

Through the Personality Dashboard®, which he developed, his website, www.TheExhortation.com, regular [Life of IMPACT Programs](#), numerous inspiring/ motivating articles and events, and [Life of IMPACT Series](#) that are welcomed by millions worldwide, Alex works with a team of volunteers to help organizations and individual men and women achieve success in the following Life Matters:

Enhanced Personality	Enriched Spirituality
Effective Leadership	Empowered Career
Energized Marriage	Exhilarating Business
Equipped Parenting	Eating Finances
Enlivened Relationships	Exulting Health & Wellness
Exciting Life-Purpose	

He holds numerous analytical, consultative, management and leadership roles in the financial industry and non-profit organizations that are focused on equipping and exhorting people to success in Life Matters; provides physical and remote one-on-one coaching sessions to a diverse group of people around the world; and together with his [Running Wife](#), Stephanie, a Fitness Coach who is certified in USA and Canada to train and motivate marathoners and long distance runners, facilitates a host of events and activities aimed at EQUIPPING, ENRICHING, EMPOWERING, ENCOURAGING, ENERGIZING and EXHORTING people to GREATNESS. Alex and Stephanie are devout Christians, have 4 children, reside in Toronto, Canada and are passionate about helping people to [Make Things HAPPEN](#) in their lives.

For more information, to ask a Life Question, sponsor or host an event, or to invite Alex to come speak at your event, organization, religious congregation, and other friendly/communal gathering, send an email directly to alex.ihama@TheExhortation.com.

To REGISTER for regular doses of KNOWLEDGE and ENCOURAGEMENT in Life Matters through our [Life of IMPACT Series](#) and [Life of IMPACT Programs](#), visit our website, www.TheExhortation.com or email Alex!

Life of IMPACT Programs

[Life of IMPACT Programs](#) are subject-matter specific, thoroughly planned, very well executed, and include inspirational/ motivational speeches by seasoned speakers; general discussions; sufficient doses of humour; question and answer sessions; corresponding fun activities; and often a meal.

1. Parenting Enrichment Forum	Feb 9
2. Marriage Enrichment Forum	Jun 9
3. Parenting Enrichment Forum	Jul 20
4. Family Appreciation Day Jamboree	Jul 28
5. Marriage Enrichment Forum	Aug 25
6. Mighty Men Convention	Oct 20
7. Marriage Enrichment Forum	Nov 24

Please confirm by email as dates may change

Life of IMPACT Series

[Life of IMPACT Series](#) are products of deep and intense Spiritual, Psychological and Philosophical studies and researches, which transcend religious, cultural, racial and socio-economic backgrounds, with practical techniques to Equip, Enrich, Empower, Encourage, Energize and Exhort you to achieve success in Life Matters, while being joyful in hope, patient in affliction, and faithful in prayer.

1. [The REAL Desire](#)
2. [The SIMPLE Truth](#)
3. [The OUTBREAK](#)
4. [The POWER Within](#)
5. [The FIFTH Element](#)
6. [An ACUTE Imperative!](#)
7. [EVER Ready?](#)
8. [Making Things HAPPEN](#)
9. [LOOSE Ends](#)

Life of IMPACT Workshops

1. Living a Life of IMPACT
2. Fostering EFFECTIVE Communications
3. Building FULFILLING Relationships
4. Maintaining a Work/Life BALANCE
5. [Making Things HAPPEN](#)

"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn". (Alvin Toffler)