

Would you like 10 hours of **FREE** PARENT COACHING?

As a student working toward Parent Coach Certification® through the Parent Coaching Institute (www.ThePCI.org), I must log 100 hours of coaching practice as part of my program studies. As a family support professional with experience working with parents, I am not new to assisting families with parenting challenges. However, the specific coaching model I am studying through the PCI is new to me. Would you like to help me learn the PCI Coaching Model while I provide you with pro bono parenting support?

WHAT IS PARENT COACHING?

Originating with the Parent Coaching Institute in 2000, parent coaching is now growing worldwide as a very effective way to help people raising children to develop practical, long-term solutions to parenting challenges. As in sports coaching, I coach you to recognize and utilize your talents and strengths optimally—for the best results possible. As your coach, I champion your highest aspirations for yourself, your children and your family...and help you attain them.

WHY WORK WITH A PARENT COACH?

We all go through some type of challenge while raising kids. But parenting issues vary, so the reasons families seek out parent coaching differ. Here are some examples of concerns with which I can help:

- **Act as your sounding board and resource person** for decisions that will greatly affect you and your child.
- **Support you in your efforts and goals to take better care of yourself.**
- **Make your life easier by providing practical ideas and tips based on the latest research.**
- **Provide specific principles and research-based success methods for controlling and managing all those digital devices**, as well as TV, video games, and media's influences.
- **Help folks to stay loving parents through a divorce; help single parents thrive in chaotic times.**
- **Assess you and your partner's parenting styles**, showing you how to leverage the strengths of each of your styles to deal more effectively with your current parenting challenge.
- **Assist you with living your parenting priorities** when time seems to be speeding up— Do you long to slow life down and really live from your core values? Are you feeling too overwhelmed to get back to basics and would like a sound road map to do so?

During our coaching conversations you can expect UNDERSTANDING, COMPASSION, and SUPPORT.

You can expect questions that may surprise you or prompt new ideas. You can expect to receive practical resources and relevant facts. You can expect to laugh more and be easier on yourself and your children. You can expect fun, abundant creativity and positive changes—

Transformation for the entire family!



WHAT CAN YOU EXPECT?

1) We schedule our coaching sessions.

We can get together in person, via Zoom, or via phone conversations—whatever is most convenient for you. I ask you to commit to at least 10 weekly, one hour coaching sessions.

2) We review my standard coaching agreement, and we sign it.

This provides the foundation for our working relationship.

3) I give you an In-Take Form to fill out.

This helps me to better understand your situation. After you complete it, we have our first coaching session, discussing your responses. I want to find out about your current concerns so I can effectively assist you.

4) We work together through the coaching process.

The first one or two conversations will focus on discovering your strengths, those of your children, and the resources currently available to you. This will help us down the line considerably when we dig into your challenges.

We will end our coaching with you understanding the key strengths, skills, and strategies you used during the coaching that worked best.

The next conversation (or two) will highlight what your ideal would be if the outcome from the coaching were as successful as you wish it to be. How would your life change? How would your child's life change? What would be the positive feelings living in this New Reality?

With your strengths at the forefront, and your Dream propelling us, we now begin the Design Phase. During this part of the coaching, you are like an artist—designing new approaches with fresh ideas and exciting possibilities. You try these out, and with my help we assess what works best and why. We use what works to build more success strategies. This phase will take the bulk of our sessions. It is an energizing phase as you experience results—and usually many delightful surprises!

Our last one or two conversations will be spent on what has worked well and understanding why it worked so well. We will end our coaching with you understanding the key strengths, skills, and strategies you used during the coaching that worked best. These will sustain you after the coaching—and most likely will be able to be applied to future challenges.

If PCI Parent Coaching seems like a right fit for you at this time, let's talk! I can explain the process in more detail, and we can set up the first of our 10 coaching sessions.

Please contact me:

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