



What is Parent-Coaching?

Ever wondered what parent-coaching is all about? How can it help you to promote an even closer relationship with your child?

Parent-coaching at its best is a process that allows you to see situations from different points of view and raises your awareness about your “way of being” in the world, particularly in your family. At **Need2Connect** it is about giving practical information and asking questions to raise awareness, allowing you to reflect and decide what action you would like to take following each coaching session. You also receive a folder with detailed practical handouts to use as an on-going resource - a useful tool to refer to after your coaching has finished.

Here are five powerful ways in which **Need2Connect** parent-coaching can support you:

1. Gaining some new skills and knowledge is often the starting point in parent-coaching. Looking at current ways of parenting and considering other options is a useful start for making change or affirming that what you are currently doing is on track.
2. Parent-coaching also supports you by acknowledging the myriad of things you are already doing well and building on your strengths. It is encouraging to have someone to champion your parenting successes, instead of the focus being just on the things that maybe aren't going so well.
3. One of the most important ways that parent-coaching can support you is to teach you to become an observer of your own behaviour. We simply can't change what we don't notice. Parent-coaching highlights for you the importance of becoming an onlooker for your own feelings, thoughts and behaviour. It allows you to become aware of any habits you may have fallen into as well as looking at alternative perspectives.
4. Good coaches know that parents don't need 'fixing', just the opportunity to see their situation differently. You are supported, by the parent-coach asking questions, to allow you to come up with your own solutions for change. Having someone to encourage you to search within for your own answers, rather than being told what to do, is a true form of support as it allows you dignity in your independent decision making. Powerful questions such as, “What step could you take to challenge yourself on this?” or “Is there a pattern here that you can identify?” can

help you to see your situation with clarity and identify steps for making change.

5. Making change is not an easy thing for us to do! Having a parent-coach to support you in that process can make the difference to keep you on track. In fact at **Need2Connect** we ask you to come up with an action plan and also discuss how you are going to hold yourself accountable to this plan. Such a direct and concrete plan is often helpful in keeping the motivation and momentum going to ensure you reach your goal!

Parent-coaching has an amazing bonus. Many times parents say to me something like: “You know I came to coaching to work on my relationship with my child, yet it has made a positive difference to all my relationships - not just those in my family, but at work, and all facets of my life.” This is an incredible benefit because the reality is when you start to look at yourself and the way you are in the world; all your relationships have the possibility for transformation. When we become more aware of who we are and how we relate with others, we break away from our habitual thoughts, feelings and behaviours. We are then much more open to choose how we are going to be, not only with our children, but with all others in our lives.

Need2Connect parent-coaching offers you positive support to parent with new awareness and confidence.