



November, 2017

Greetings,

I am excited to be in conversation with you about how we can work together to deepen your family's connection, lessen power struggles and build encouragement with parent coaching.

As a parent and a partner, I understand firsthand the challenges of sifting through all the information about discipline from a variety of sources to create connection with my children in moments of tears and tantrums.

Because parenting is culturally accepted to be a natural skill, the frustrations that can come along the parenting journey can be daunting and discouraging for families.

Sometimes I think the world believes that **S**ocial and **E**motional **L**earning just happens naturally (and perfectly) over time. SEL Chicago was born from the idea that social and emotional learning and development happen with less frustration in an environment of structure, support and intention.

In our work together, we will add encouragement to your tools and refine your parenting strategy to take into account your unique views, align with your schedule and honor personal preferences.

Below, find an overview of SEL Chicago's strengths based approach and two options for how we might work together. I'm always available to answer any questions you have about this process, so please don't hesitate to reach out.

A Getting Started call is an opportunity to learn about your family, your needs, and how you describe your current challenges. We frame immediate challenges, and work together to brainstorm proactive solutions based on a framework that helps create connection and cooperation.

After the Getting Started call, you will experience how the approach fits with your family. If these the solutions feel promising for you, formal coaching can help your family quickly gain insights tools and strategies to deepen your understanding and your toolbox for the challenges parenting brings us. Schedule yours here:

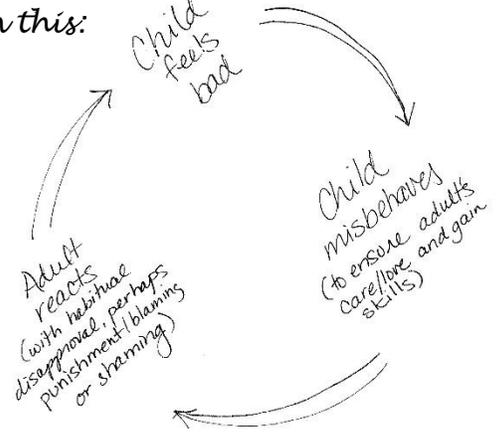
<https://calendly.com/selchicago/gettingstarted>

I'm looking forward to partnering with you to help your family feel resourceful, resilient and respectful, and above all – experience connected, peaceful time together.

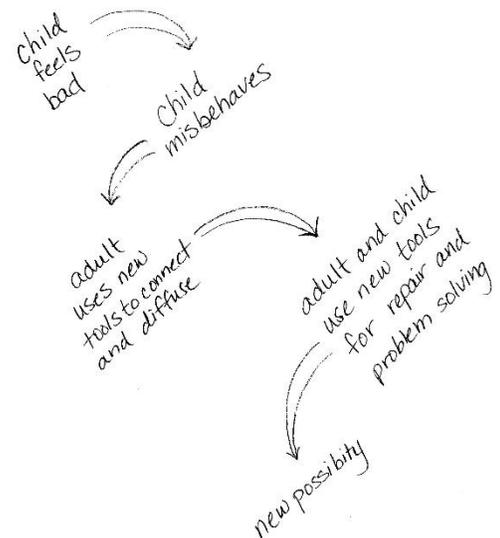
With deep appreciation,

Trainer · Facilitator · Coach

*Coaching helps turn this:*



*Into this:*



## **Parent Coaching Program Overview**

The SEL Chicago coaching program was designed specifically for busy parents like you who want assistance in sifting through a variety of discipline strategies to create deep connection in their family. Parents I work with come to me frustrated – they often feel that they have the same challenges with their kids over and over, and feel that nothing that they do works.

Coaching helps create new beliefs, practices and ultimately, habits so that you can parent with more joy and confidence.

In our time together, we will uncover discipline strategies and tools that fit your personality, and help build respectful relationships, resilience and responsibility. We will be creating new beliefs, practices, and ultimately habits, so that you can parent with more joy and ease and confidence. That's the general goal and it does take time and lots of practice as I'm sure you know.

I will personally support you throughout the coaching process, offering encouraging tools, self-awareness strategies, and strengths-based reflections. You will learn:

- How to get into your children's world to consider the importance of their worldview
- Respectful discipline tools work for long term success – and the science behind why they work
- How you can be encouraging to your children and to yourself when mistakes are made.

### **Option 1: The SEL Chicago JumpStart Program - 3-session Parent Support Package**

In the JumpStart program, you will receive three sessions of one-on-one coaching to quickly zone-in on building solutions to your family's most challenging behaviors and helping to transform adult approaches with proactive, encouraging solutions.

Included in Option 1 — The SEL Chicago JumpStart Program:

- Age Appropriate JumpStart Tool (based on the age(s) of your child(ren))
- One 30 Minute Getting Started call
- Three 60 minute Deep Listening calls designed to create solutions for your current challenges
- Three Challenge to Connection conversation review documents recording the tools and solutions suggested
- Age Appropriate Positive Discipline Book
- Email support over the engagement

Looking closely at the ways we feel about misbehaviors can help shift our lens to what skills our children need to learn so that their frustrating behaviors don't need to be repeated (as frequently). As we build skills in connection, our children are encouraged and being to model our calm response.

There are many tools to help encourage your family; adding these tools 50% of the time will drastically improve your family's connection possibility.

Our three 60 minute coaching sessions will help frame a philosophy that supports the framework for your new tools, learn about the child development in your children's age band and uncover the specific tools of based on a tool called the "Mistaken Goal Chart," to help decode your child's behavior. In each of the coaching sessions, you will be provided follow up "tool cards" and notes to help make your learning portable.

**Option 2: The SEL Chicago Encouraged Parent Program – 6 session Parent Support Package**

In the Encouraged Parent Program, you will receive everything above plus three additional coaching sessions to fine tune and deepen your toolbox.

**Option 2 — SEL Chicago Encouraged Parent Program:**

- Age Appropriate JumpStart Tool (based on the age(s) of your child(ren))
- One 30 Minute Getting Started call
- Three 60 minute Deep Listening calls and customized tool cards to help organize your family's discipline tools
- Three 60 minute Deep Knowledge to help build your toolbox as well as change and adapt strategies to changing challenges
- Six *Challenge to Connection* conversation review documents recording the tools and solutions suggested during the calls
- Age appropriate *Positive Discipline* book
- Positive Discipline workbook

These coaching sessions include an opportunity to read an age appropriate **Positive Discipline** book with an experienced practitioner to alongside to help you unpack the learning and apply it to your parenting needs. This program jumpstarts you with tools to work on your personal challenges in your family, then transitions to a “personal book club” approach helps you deepen your learning of brain development and attachment theory. Many of us may have taken a Human Development course well before we had children. This personal deep dive into the material can provide insights into building home/school connections, helping you bridge the space between theory and practice.