

PARENT COACHING



SUPPORTING PARENTING

Our parent coaching services provides one-to-one and group support. We work with parents to identify what they want to achieve and help them to reach their goals and overcome obstacles along the way. We support parents in building confidence to be effective in their parenting.

We foster goal achievement related to parenting. In a non-judgmental and confidential setting, the coach will use evidence-based strategies and mindset principles to navigate familial issues related to children, teenagers and young adults.

PARENT COACHING SERVICES

Our one-to-one support and group sessions includes helping parents to:

- Building parental wellbeing, skills and confidence
- Manage their mood and emotions around their children effectively
- recognise and respond to children's physical, social and emotional needs
- engage socially with their children
- set and maintain safe and appropriate boundaries and manage their children's behaviour

DELIVERY

The one-to-one coaching can be delivered face-to-face at an agreed location or on Zoom. We offer a FREE 45 minute consultation or a discovery call. This is followed-up by a parenting plan, devised with the parent. Sessions usually run for one hour, over three or four sessions, depending on the needs of the parent or the family situation.

TAILORED SUPPORT

We understand that parents have different experiences and challenges. We have bespoke services to support parents with mental ill health challenges, additional needs, lone parenting and other disadvantages.

For more details, email: bianca@parentpower-ed.co.uk

