

## Information About Parent Coaching with Christine Donavan

**What is Parent Coaching?** Parent coaching is a unique, collaborative process that supports you as you raise your children. Working one-on-one or with couples, I help you identify and address parenting challenges that may be impacting you and your children. Together we'll discover what's already working in your current situation, evaluate the systems you have in place that are supportive, and design action steps to create meaningful change.

**What Does a Parent Coach Do?** A parent coach is a highly-trained individual with a broad background of education and experience who listens deeply, asks powerful questions, and makes known and proven strategies available to help you implement new approaches. Together, we'll stay focused on weekly progress as you become the parent you want to be.

**What Kinds of Goals Can a Parent Coach Help You Achieve?** Parent coaches work with parents who recognize the need for changes and are willing and determined to do what is necessary to make those changes. Here are some common goals:

- Supporting children's academic success in more substantial ways
- Managing screen time and media influences
- Preparing for a first child or exploring blended family dynamics
- Smoothing transitions during divorce or relocation
- Finding more connection and peace during the teenage years while helping your child grow in independence
- Developing healthy adult relationships with grown children

**Fees:** \$250 for initial assessment (90 minutes), \$225/session (each session consists of an hour conversation plus telephone and email support as needed). Parents can expect to meet with the coach for a minimum of 12 sessions. Payment may be received by check, Venmo, Zelle, or credit card.

**Confidentiality:** Information revealed by the client during any communication with coach is confidential and will not be shared with any outside party without client's written consent.

**Scheduling:** Sessions are conducted via video conference or telephone. Many parents have much on their plate, and coaching them every other week gives time to practice and implement ideas. Some parents who want a more focused approach with faster results choose to work weekly. I recommend that for the first two months we work weekly and then move to bi-weekly if it makes sense to do so. Most parents find that a minimum of twelve sessions is required to make the desired fundamental changes in their parenting.



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