



WOLFPACK LIFE COACH

The Wolfpack Life Coach Parent Coaching Questionnaire

Welcome to The Wolfpack Life Coach, where our mission is to support, empower, and inspire parents on their journey through parenthood. Our Parent Coaching service, led by our dedicated team, is designed to help you navigate the challenges of parenting with confidence, understanding, and a deep connection to your family.

We believe that every family is unique, and that parenting is one of the most rewarding, yet challenging journeys one can undertake. To help us tailor our coaching to your specific needs and to offer the most value during our sessions, we invite you to take a moment to reflect on and answer the following questions.

Your responses will remain confidential and serve as a foundation for our work together.

Parent Coaching Introductory Questionnaire

1. Family Dynamics: Describe your family's structure and dynamics. What are the personalities and unique needs of each family member?

2. Parenting Challenges: What are the top three challenges you currently face in your parenting journey?

3. Parenting Goals: What are your main goals or what do you hope to achieve through parent coaching?

4. Support Systems: What support systems do you currently have in place? How do you feel these could be improved or expanded?

5. Communication Patterns: How do you and your family members communicate? Are there areas where communication could be improved?

6. Discipline and Boundaries: How do you approach discipline and setting boundaries within your family? What challenges do you face in this area?

7. Quality Time: How do you spend quality time with your children? What activities do you enjoy together?

8. Parental Well-being: How do you take care of your own mental and emotional well-being as a parent?

9. Educational Involvement: Describe your involvement in your child's education. Are there areas where you wish to be more involved or informed?

10. Parenting Style: How would you describe your parenting style? Are there aspects of your style you wish to change or improve?

11. Family Values and Beliefs: What values and beliefs are most important to you and your family? How do you incorporate these into your daily life?

12. Challenges of Change: What changes (if any) are currently happening in your family (e.g., moving, new school, addition of a family member)? How are these changes affecting your family dynamics?

13. Expectations for Coaching: What do you hope to gain from parent coaching? Are there specific areas or issues you want to focus on?

14. Learning and Growth: In what areas do you wish to grow as a parent? What skills or knowledge are you looking to acquire?

Please take your time to answer these questions thoughtfully. Your insights will guide our journey together in parent coaching, helping us to create a supportive, understanding, and effective coaching experience tailored to your family's needs.

Thank you for taking the first step towards a more fulfilling and empowered parenting journey. We look forward to working with you and your family.

Warm regards,
Jyee Byrne
The Wolfpack Life Coach



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