

Parent Coaching

- **Are you wishing there really was a parenting manual filled with easy instructions for every situation?**
- **Are you tired of the power struggles?**
- **Would you like to gain confidence in your parenting skills?**
- **How do we as parents know who to go to for help and whose advice we can trust?**

Parenting is one of the most important and challenging jobs on earth. Parents want to find realistic solutions to everyday problems and see beneficial changes in their family's lives.

Hope for Youth's model of empowering styles, strengths and skills in parents and children is the eye-opening, inspiring international program that's transforming the world of parenting. We focus on teaching positive character traits as an integral part of developing Emotional Intelligence (EQ). It is our intention to give you strategies for raising responsible, caring, confident children by:

- Learning verbal skills to reduce family conflict and build family solidarity
- Improving parent communication skills
- Offering practical child-rearing options and assistance
- Adding an incredible array of options to your parenting skills so that both you and your child can become more responsible.
- Empowering you to feel confident in your parenting and decision making skills.

With over 33 years of parenting our children and others, 16 of those years including training and counseling experience with troubled teens and their families, we offer a supportive counseling relationship to examine key life experiences, behaviors, choices and relationships in practical effective ways. As a Parent Coach, Life Coach or Consultants, we started Hope for Youth knowing that we as parents have the power to create strong families that reflect our values. Our Parenting Education or Coaching teaches, engages, and guides parents with family life and parenting issues.

Our approach is very comprehensive; for it not only takes into account traditional "best practices" of parent involvement and parenting success, it also effectively addresses how parents, children, and the parenting role itself are being impacted by a media/screen entertainment-focused society—the reality parents of all economic levels encounter as they daily choose priorities and make decisions on behalf of their children. We are trained to help you:

- Clarify the principles that guide your parenting
- Face challenges with creativity & conviction
- Identify your unique parenting strengths, Styles &
- Make time for taking care of yourself

Unlike the experience of reading a book filled with parenting advice or applying that one strategy that "worked" for a friend, parent coaching is a unique, collaborative relationship.

Due to today's life stresses, many parents are out of touch, literally and figuratively, with the joys of parenting. Parents told us they wanted practical parenting tools that come from proven hands on successful experience.

Parent Coaching supports parents at any stage of parenting in addressing these everyday challenges. It can transform your life, make parenting more rewarding, fulfilling and fun, and help you become the parent of your dreams.

Parent coaching is a unique, creative process of supporting you in comfortably handling most of the day-to-day issues in raising your children. It is about defining your unique personal values; optimizing your time at home and enhancing the positive dynamics in your family relationships. This opportunity to identify and evaluate the stresses and issues that may be impacting your family's mental and emotional health is investments in helping your children learn the developmental skills, emotional intelligence, (EQ). Coaching is also designed to help you discover the good and positive strengths in your parenting methods and current situation that is effective in developing the steps to realize your dreams for yourself and your family.

Parent Coaching is based on a trusting relationship focused on helping a parent lead their family with purpose and confidence.

The purpose of building a coaching relationship is to provide a safe, non-judgmental, supportive arena for parents to learn new, effective parenting skills. You and your parenting support coach spend personal, quality time gaining awareness, building self-esteem, answering crucial questions, finding practical solutions and effecting change in convenient and personalized support by one-on-one sessions in person, or in your own space by telephone, on-line sessions, or private e-chats.

Whether you have a toddler, preschooler, adolescent or teen, we will share with you ideas for anything from tantrums and potty-training to chores and curfews. The coaching or classes will provide training in highly effective methods that parents can apply right here and right now. If the best baseball players in the world, who have been trained their entire lives to play baseball, can benefit from a coach, so can we who often have had little training in this all important role of parenting children. Through on-line materials and coaching you will learn parenting tips like: when you make an "either/or" statement make sure you are willing and able to follow through; the second is follow through with what you say.

The Parenting Seminars are designed to stand alone or be taken in a series. Our coaching or workshops are a compassionate and collaborative way to help parents alleviate stress and make clear choices based on what is most optimal for themselves and their families. Our Parenting Workshops are effective because they recognize and support the individuality of family members, as well as, support parents in improving performance and creating desirable results. This approach to teaching parents is unique because it allows parents to create their own best solutions unique to their situations.

We believe all fathers, mothers and other caretakers can benefit from professional support and assistance to help with parenting issues. Parenting values and beliefs are brought into focus. With our parenting training approach, together we identify your parenting styles and design a plan to bridge the gap.