

COACH-IN-TRAINING

PARENTS-ONLY SMALL GROUPS
A COMMUNITY TO SUPPORT ONE ANOTHER

FOR PARENTS WHO HAVE COMPLETED 9 MONTHS+ OF PARENT-CHILD COACHING



LEVEL 1: MODELING FOR CHILDREN

5 MONTHLY 1-HR SESSIONS (6-8 PARENTS MAX)

- REVIEW PEELS
- DIG DEEPER: MINDFUL EXERCISE, SELF-COMPASSION, H.A.L.T. QUIZ, STRENGTH INVENTORY, SELF-EFFICACY, FORGIVENESS, GRACE, AND MORE
- Q & A OF YOUR CHILD'S CURRENT SITUATIONS

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