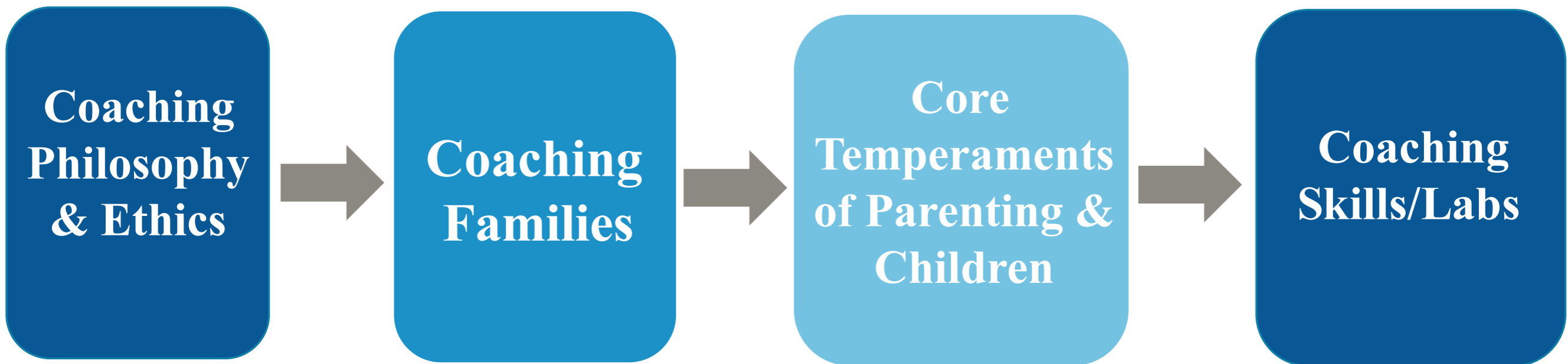

Parent Coaching Mastery Training

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www.AcademyforCoachingParents.com

WELCOME!

Four sections for the training



Overview & Philosophy

ACPI PARENT COACHING MASTERY

Brief History of Coaching

- Started in business...problem solving & consultation
- Moved into life issues, goals and inspiration
- Branched into specialized areas as organizational, health, career, wellness, and parenting coaching.
- The new hot one is academic coaches, co-parenting and divorce coaching, special needs, relationship coaching and weight-loss.

Coaching Philosophy

Coach views client has whole, has answers or is able to find them with coaching.

- No fixing
- No providing answers
- Use coaching techniques to ask, challenge, reflect, reframe, guide, model

Consultant Philosophy

- Consultant views client as expecting advice founded on solid professional experience and philosophy.
- Assess needs, provide advice, and may or may not follow--up.
- The client can expect specific, measurable goals.

Coaching Roles

- A coach is someone who encourages, supports or empowers another person(s) to develop competence in a role or situation.
- Coaching is a collaborative, non--judgmental relationship.

Coaching Philosophy

Choosing the decision to coach...

- Why would a parent want to work with you?
- What do you bring to the coaching relationship?
- What is your parenting philosophy?
- What is your coaching philosophy?

Coaching Philosophy

Choosing the decision to coach...what have your experiences shown you about how you can help parents?

Like in a grocery store or park, you saw an interaction between parent and child, and you said to yourself, “I would.....”

Coaching Philosophy

Choosing the decision to coach...what have you noticed about parenting today?

Coaching Roles & Process

ACPI PARENT COACH
MASTERY

Coaching Roles

Most people are afraid of change. How do you offer support now to your friends who need to make a big change?

Coaching Roles

Coaching gives you an alternative perspective about your roles because it focuses on the client,

Coach views client has whole, has answers or is able to find them with coach's guidance.

- No fixing
- No providing answers
- Not easy! WHY?

Coaching Client Steps

1. Coaching focuses on the client

- Clients' core temperament, from which we find their:
 - needs, fears, strengths, and values
- Tendencies in patterns with managing
 - time, stress, emotions, learning, people skills

Coaching Questions To Guide the Process

5 coaching questions will tell you if and when your client is ready and motivated to make the changes they desire.

Keep these questions in mind every time you coach your clients through goal setting, actions steps, and evaluations.

1. Are you willing? - Attitude
2. Are you ready? - Skills
3. Are you committed? - Yes is the coach's leverage
4. Will you take action? - Goal or End Result
5. How will you evaluate your actions? - Behavioral Change

Coaching Questions About Your Parent Coaching Business

1. How are you willing to start coaching?
2. What is your attitude about asking coaching questions versus giving advice?
3. How do you feel and demonstrate readiness?
4. What skills do you need to be a great coach?
5. When you are committed to a goal, how do you demonstrate that?
6. How long do you take to act on a hunch or make a decision?
7. How do you evaluate your decisions and the the results?

Coaching Process

The coaching process can look different in context and environment but there are essentials that comprise the coaching process

1. Collaborative: We will do this together
2. Performance-Based: The behavior is noted; Goals?
3. Context driven: What is your story? What is our story?
4. Reflective: What are we learning?
5. Reciprocal: How are we helping?

Coaching Process

In summary, coaching is a series of conversations, designed to elicit personal discovery about what the client knows and what he or she wants to achieve.

Coaching focuses on improving a client's performance, conditions, attitudes etc. within a **specific environment.**

Coaching Process

In summary, coaching provides a positive process for:

- Psychological growth
- Implementing new strategies or practices
- Resolving challenges
- Building relationships
- Personal transformation
- Self improvement

Coaching Process

In summary, coaching focuses on:

- The strength and knowledge the client already has, and
- guides the client in building new skills, competencies, or
- attitudes in small increments to achieve goals.

Coaching facilitates, is personal, stretches clients, and offers a safe, supportive environment.

Breathe & Discuss

How is coaching different from the current role you play?

- In mindset?
- In attitude?
- In interactions with client?
- In conversations with client?
- In what you help the client achieve?

Coaching vs.....

Generally, **counseling or therapy** is best at dealing with something that's challenging like emotional problems, depression or anxiety, or relational issues, or the ongoing effects of previous trauma.

Therapy.....

- Assumes the client needs healing. Roots in medicine, psychiatry
- Works with people to achieve self-understanding and emotional healing
- Focuses on feelings and past events, past orientation
- Explores the root of problems
- Works to bring the unconscious into consciousness
- Works for internal resolution of pain of patterns.

Coaching vs.....

In coaching, the starting place is a vision, a challenge, a problem to solve, skills to learn, plans for the future or a goal or a desire to improve or transform.

It is focused on being proactive.

Your Vision

Where do you want to go in your personal growth?

How do you envision getting there?

Why do you want to be a coach?

Follow-up to this class

1. You receive the PDF file for each presentation. These are for your personal use in your coaching business.
2. You will receive materials which are copyrighted information which:
 - You can also use in your coaching business or with clients. Download instructions are in the Student Packet
 - You will be receiving a set of Values Cards and Parent Temperament Style cards by snail mail – hands-on tools.

Follow-up to this Class

Upon completion of the course:

- You sign an agreement form,
- Receive the certification, License ACPI courses to teach.
- Take the **business + marketing course**.
- Learn online business success through **Influencer-Authority**-new low cost membership site for learning how and what to do online.
- Core Temperament Life Coach
- ACPI Licensed Trainer are also future options.

For You To Connect:

Join the Linked--In Group:

Follow: <https://www.linkedin.com/in/drcarongoode>

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