

The personal awareness and progress you will experience through parent coaching will be life changing! I deeply appreciate your trust in me to work with you on this journey. As your family life begins to feel more peaceful and functional, you will know it has been worth the time, energy, and investment you have put in!

My goal is to help you create a stronger, deeper connection with your child by tapping into the inner wisdom all parents possess. Your commitment to participating in this program will benefit your family today and, should your son or daughter one day have children of their own, will benefit your grandkids as well! Think about that for a minute... *You are the key to the change you wish to see not only now, but in the future generation!*

Terms and Conditions

If you have signed up for a one-hour coaching session, or a series of these, you can expect we will meet on time (whether in person or via phone) and for a full 60 minutes.

If you have committed to working with me through my 8-week online program, *Let's Do This Together: the Mindful Approach to Parenting Your Adolescent*, within 24 hours of your paid invoice, you will receive the link to the course. This curriculum I created is geared specifically to parents of adolescents to help them shift their parenting in a way that will create a healthier and more functional relationship during the unique and sometimes challenging stage of adolescent development. It is during this time period that our sons and daughters need us to shift into parenting **WITH** them as opposed to **OVER** them as they become independent young adults. Our work over the eight week commitment will bring you the change you wish to see.

Please keep the link to the course private, I do not charge directly for the content that is online, the most important part of the work you will do will be with me be during our consecutive sessions. You will always have access to the online course material so you can go back and review the modules at any time.

When you get into the program, please complete only the Introduction including the worksheet on goal setting. This is what we'll review at our first session which will be scheduled at a mutually convenient time. Our appointments will take place (if local) in my home office or, if you are not within driving distance, we will "meet" via Zoom call or Face Time. You and I will work through one module per week for eight consecutive weeks. *It is more important that we meet consistently than it is for you to have every module complete and assignment done during the 8-week period.*

Emergencies can arise, let's both practice respecting one another's time and keep our appointments. **Please give 24 hours notice** if at all possible to reschedule and don't feel the need to reschedule because you didn't get through the module, only in case of a true emergency. Each module will take about 1 hour outside of our 1 hour session time. It's designed for busy parents!

Regardless of how we work together, you can expect COMPLETE CONFIDENTIALITY with regard to our sessions. I will personally guide you through the 8-week program with 1-hour sessions each week, as stated; the online information will be yours forever. If we are doing an individual or series of one-hour sessions (not related to the online course) you can expect the same level of confidentiality. My session fee is non-refundable.

Parent coaching creates positive change in the participant when their energy, effort, and commitment are consistently present, and the new parenting mind shift/concepts and skills are consistently applied. Our work together covers the parent/child relationship, it does not extend or promise to help in other areas of your life (for example: marriage, career, friendship), however, many clients find that when the parent/child dynamic is healthy and functioning, a byproduct is experiencing other areas of their life becoming positively affected. The ultimate outcome is for you to have a closer relationship with your child(ren). When you shift your approach to parenting you may experience your relationship with your child becomes temporarily more challenging before turning around.