

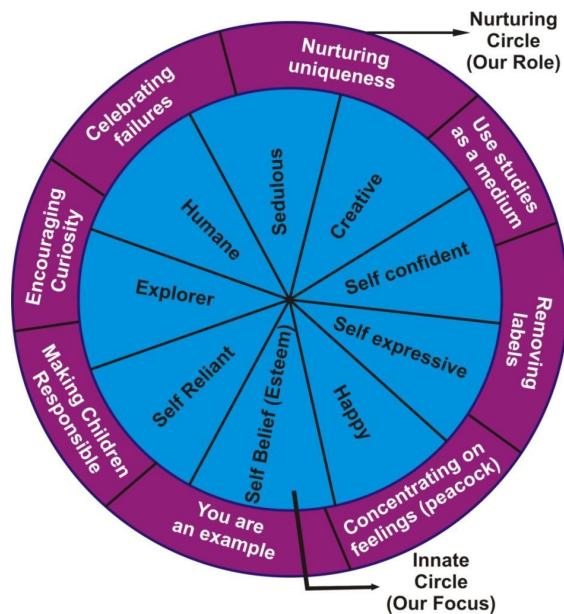


# **Parent Coaching Program**

# Program Overview

The program would focus on creating a shift in you as a parent and in turn make you an expert who can provide support to other parents in connecting with their children. You will undergo a rigorous process by the end of which you will become proficient at:

- ❖ Differentiating between what you want for your children v/s what you are currently doing
- ❖ Building a great relationship with your children by having blissful and fulfilling everyday interactions with them
- ❖ Inculcating the following in your children
  - Ability to communicate feelings
  - Talking from intentions
  - High levels of self-esteem
  - Being responsible
  - Altering the relationship with Failure
  - Living a life FREE from stress & anxiety



- ❖ Imparting sex education to your children
- ❖ Leveraging the current technological hindrances for parenting
- ❖ Finding time for your children in the current scenario of work pressure
- ❖ Developing truthful communication and trust with your children
- ❖ Making children enjoy studies

The parent coaching program is based on a child development model designed after 20 years of research involving a lot of work with oneself and children. It has helped a lot of parents get the connection back to their children and also led to many setting up their parenting centers.

The duration of the program would be 9 months which will include in- dept virtual sessions with a certified parent coach, implementation session/Call every week, coaching calls after completion of one level, demonstrations, usage of certain parenting tools, self-assessment tools, writing essays or debrief of each session and a lot more.

The first three parts of the program, i.e., *Connecting Before Correcting*, *Training Your Captains* & *Road to Success*, would be conducted in a group setting. A whatsapp group would be created for information and sharing purposes. These three levels would have sessions scheduled twice a week for 2 hours. Every alternative session would have an extra hour for sharing the implementation of the process and discussing any further challenges faced by the candidate.

The *studies program* would have 10 sessions, scheduled for three hours once a week for 10 weeks.

The level on *Connecting with Parents Over Calls* focuses on communication skills of the Parent Coach with a parent. The candidate would listen and evaluate previous calls and then get onto making the calls with parents on which feedback would be provided to them.

<b>Week</b>	<b>1-3</b>	<b>4-7</b>	<b>8-10</b>	<b>10</b>	<b>11-20</b>	<b>11-20</b>	<b>21-25</b>
<b>Level</b>	Connecting before Correcting	Training your Captains	Road to Success	Pre-training assessment	Essays	Exploring Studies	Connecting with parents over calls

*\*This above timeline might vary..*

The weekly plan for the program would look like the above table.

It is extremely critical for candidates to undergo all levels of the program to get certified. Along with that, each session would include an assignment which needs to be done before the next session.