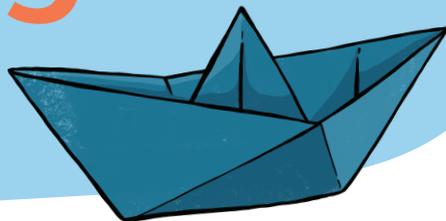


# When parenting isn't plain sailing.



Sometimes it feels like we're not very good at parenting... but there are people who can help us to get better and provide support when we're feeling alone. REAL parent coaches!

## Our coaching:

- Is non-judgmental (it's important to be "imperfect"!)
- Provides practical tips to try out and adjust while the coach is with you
- Helps you put a plan around those challenging behaviours
- Brings connection and joy back to your relationship with your children

## Currently we provide coaching to:

- Parents who contact us directly
- Organisations who help parents but may not have the capacity to provide in-home, parent and child-focused support
- People who attend parenting programmes who want help implementing the strategies at home with their children

## How coaching works:

- Coaches work alongside a parent or parents while they're with their child/ren.
- The cost is \$140 per session
- Generally we would work with a family for 4-6 sessions.



***"You have been our saving grace. Three months ago I was stressed and yelling and dreaded so many things. We found love and enjoyment and empowerment. Thank you from the bottom of my heart."*** – Aleasha, St Martins

## Our Coaches

It's really (like really, really!) important to find a coach that you feel comfortable talking to and who can help you reach your goals.

Our coaches are highly skilled and experienced. They make their living by working as trainers, facilitators, psychologists, teachers, and communication specialists. They are real and they totally 'get it'.

Check our website to see who may be the best fit coach for you and your family.

real parents

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