

Session 5: Coaching parents

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Today we are exploring

- The common coaching topics for parents
  - Common reasons parents reach out for support
- Deciding on the parameters for coaching
  - Professional boundaries
  - Establishing coaching goals
  - Signposting
  - Deciding when coaching is appropriate
  - What can be achieved through coaching
- The biggest fears new coaches have
  - How this course addresses these fears

Common reasons parents reach out for coaching

- Something feels uncomfortable:
  - Know what it is
  - Don’t know what it is!
  - Flight, fight, freeze, fawn – own nervous system is dysregulated
  - Tried other things and they have not worked
  - Not sure where else to turn
  - Looking for a solution ‘out there’ – a fix for ‘the problem’
  - Want things to feel better
  - Want to know that they make sense and that they matter

Common topics for coaching

- Various versions of ‘my child is broken’
- My child is having a difficult time with:
  - Going to school, friends, siblings, when they get home from school, other parent, grandparents, dysregulation
- Split up with partner and navigating being a single parent
- I’m worried about the future:
  - Transitions in different phases of childhood, school, work, relationships, transitioning to adult, diagnosis or not

Deciding on the parameters of coaching

- Professional boundaries:
  - Global Code of Ethics for Coaches and Mentors
    - Terminology
    - Working with clients
    - Professional conduct
    - Excellent practice
  - Creating Space For You Coaching Principles

- Gives us clarity about what is and what is not appropriate
- Helps us to make sure what we are doing is professional

Signposting

Sometimes there is a straightforward answer:

The person needs information from someone / somewhere else

-Can they access it themselves?

-Can you help them to access it?

-Can someone else help them to access it?

That's the end of the discussion!



Deciding when coaching is appropriate

- Is the client aware what coaching is and what it isn't?
- Is their aim, target or goal something present or future focused that they have control over?
- How do you feel about the topic?
- Are there any safeguarding / risks / conflict of interest to be aware of?
- How does it feel to consider working with this client?
- Has the client disclosed any triggers / trauma that might need addressing separately?



What can be achieved through coaching

- Small things
- Big things
- Planned things
- Unexpected things
- Things during the session
- Things outside of the session
- Things that impact the coachee
- Things that impact their family, community
- Magical things!



The biggest fears coaches have

1. I don't know what I'm doing – take this course!
2. I won't know what to say – we give you all the tools you need including silence!
3. I won't get any clients – we know there is a MASSIVE need and we are also getting new clients coming to us asking for support regularly that we can refer on to you
4. I can't charge – we can support you to charge what is appropriate for you, your family, your current situation and your future goals – this is important work!
5. They will reject me – we can help you to create a process that works for you and your clients
6. We'll uncover something I can't handle – we go back to our contracting and decide how best to progress together
7. I'm not good enough / perfect – this process will teach you everything you need to handle whatever comes your way with grace

What else???!!!