

Article: I Love You and You've Got This

Myrna Lapres
August 3, 2018



Last week, I spent four days working at my former school to help the teachers get ready for their new school year. (Yes, schools in Georgia start the beginning of August!?!?) One of my students Mandy (not her real name) and her mom arrived on Monday to find out that she had been switched to the Orange Group of the last week of summer camp. Mandy doesn't do well with new situations and was a little anxious about the change. However, she knew me and had several friends in the Orange Group, so I was sure that she would do fine. However, the challenge for Mandy was compounded because her mother got upset and took Mandy with her to speak with one of the administrators. In front of Mandy, the mom escalated the whole thing by overreacting, demanding a refund for the week. Clearly, the daughter wasn't the only one getting emotional.

As parents, how many times have we done this? We step in to speak for our children, fight their battles, go to bat when a teacher or a friend is treating them unfairly. We have the best of intentions and we act out of love. But what kind of message are we sending to our children? Some experts call this being a "helicopter parent." The parent hovers over children and rescues them from the hostile world in which they live. To protect them, we take on the responsibilities of our child and we give them the message that he or she cannot handle them. Children need to hear the message from us: "I love you and you can do this. I believe in you, and I am here if you need help." By asking guiding questions and offering our support, we give them the gift of problem solving. In the next webinar series, Raising Resilient, Happy, Successful Individuals starting August 6th, we will explore this and other important topics. To join us, [click here](#).

If we are honest with ourselves, many times the challenges that our children face trigger feelings in ourselves: fear, anxiety, low self-worth, inadequacy, and memories of being bullied/misunderstood and more. Raising children is an opportunity to heal and reparent ourselves. In order to love our children unconditionally, we need to continue to love and heal ourselves from the wounds that life has brought us. Learning to forgive and love ourselves and others is a key part of the healing process.

As a Parent Coach, I help people identify their goals and the obstacles they are facing. As a certified relationship coach, I believe that you have the answers within to work toward solving any issues that you have. I would guide you to discover what is blocking you, what needs healing and work to empower you to move forward. For more information, [click here](#).



What is a Parenting Coach?

A parenting coach is a trained and certified professional who helps you achieve your goals in creating a fulfilling family life.

As your coach, I will help you clarify what you want to accomplish, set specific goals and make an effective action plan. I provide you with support, structure, perspective and techniques as we move through the coaching process together. I am here to cheer you on! My job also is to hold you accountable for making progress toward meeting your goals.

A coach is not a therapist; a **therapist** is a trained healthcare professional (psychologist, counselor, psycho-therapist, etc.) who works with you to diagnose and resolve problematic beliefs, behaviors, relationship issues, feelings and sometimes physical responses. The idea behind therapy is to focus on past traumas and issues to change self-destructive habits, repair and improve relationships and work through painful feelings. In this sense, therapy focuses on the past and on introspection and analysis.

Coaching tends to focus on the present and future rather than the past. Coaches help people identify their goals and the obstacles they are facing. Like therapy, coaching involves guidance and support but also places a great deal of emphasis on accountability, enabling people to do more than they might on their own. So, as a certified relationship coach, I believe that you have the answers within to work toward solving any issues that you have. I would guide you to discover what is blocking you and what needs healing and work to empower you to move forward.

Parent coaching is inspirational, educational and practical.

We will discover together how much you already know about how to create a healthy home life. As needed, I will provide skills training in a practical way, so you can use new concepts and skills right away and apply them to your situation. Coaching is designed to unlock and maximize your parenting potential.

Parent coaching is transformational and beneficial.

The focus of coaching is achieving your goals in parenting and communicating with family members. We will identify specific plans and ways of thinking that will move you toward achieving your desired goals. While the focus is on the present and the future, occasionally we will look to the past if unresolved issues are creating a barrier to you being able to implement the new skills you are learning. One of the outcomes of coaching is often that healing old history does take place.

The structure of coaching is flexible.

We will design a coaching arrangement that meets your individual needs and schedule. The basic design consists of:

a free (30 minutes) consultation to see if coaching and my style is a good fit for you

intake forms to gather information about your family and create a coaching strategy

regular on-going coaching sessions

Coaching sessions are conducted over the zoom/skype/google hangout/telephone usually weekly or every other week, lasting for 60 minutes. Sessions may be focused on one specific challenge you are facing, or on a much broader set of family issues. Coaching relationships can last from two to six months but it can be shorter or longer, depending on you. The nature of the goals and the changes you wish to make will determine the length of time that makes sense for you.

What is the cost for parenting coaching?

Coaching is an investment in the future of your family. Just as you pay providers to care for your physical body, coaching helps to care for your mental, emotional and spiritual "bodies." Coaching is not a quick fix strategy; it takes focus, effort, and time to alter habitual patterns and make lasting changes. That's why I don't work with parents who are just wanting to put a band-aid on the problem and get through the crisis at hand—even though this is when most parents are motivated to pick up the phone and call me.

Yes, I'll most definitely help you through a crisis as a beginning step. But I want more for you and your family than that. I want to help you go beyond crisis-control and into "righting the relationship" with your child. I want to help you transform the struggle of parenting into the joy of parenting. It's possible! If you're ready to put in the commitment and the work necessary to correct and heal unhealthy patterns in your family, then let's talk. Together, we'll explore how a coaching relationship can give you confidence and companionship as you weather the ups and downs of family life.

Coaching Services:

I offer a no-obligation 30-minute consultation to see if coaching is right for you. Then, if you want to explore further, I'll share the different coaching packages that I offer. If you're hesitant to jump into one of the coaching packages, I'll provide a one-time 60-minute "Get Acquainted" coaching call to allow you to sample what you can expect from our work together. Just contact me using the link below to set up a time for the initial consultation.

Complimentary Consultation (30 minutes) Free

60-minute "Get Acquainted" Coaching Session: \$50.00

Coaching Sessions \$60/Package of 3 sessions-\$165

More coaching sessions are available at discounted rates-

Payment will be through secure Paypal. I will email you a payment request via Paypal once you sign up. Packages may be split into multiple payments.