

Parent Coaching PACKAGE

Alongside the joys and the beauty of raising children, there's always challenges, worries and questions, regardless of whether you're a first-time parent or a seasoned expert! This 12-session package offers the opportunity to identify areas of pressure, set and achieve goals and build confidence, enabling you to meet your child where they are, and thrive together.



12 x 1-hour calls, scheduled at your convenience (to be used within 6 months).



In-between call accountability and WhatsApp support.



Coaching journal to keep track of your goals, progress and wins (with pay-in-full option).



Additional consulting call for extra support (with VIP option).

Parent Coaching

BENEFITS

Personal coaching involves regular one-on-one sessions focusing on:

- Identifying strengths and areas for growth
- Setting realistic and achievable goals
- Partnering together to find solutions to problems, developing mindsets and creating long-lasting, transformative change.

Benefits of a 12-Session Coaching Package

- **Customised Support:** Coaching is a client-centred partnership, and focuses on *your* needs, growth and goals.
- **Increased Confidence:** As you achieve your targets, you will gain confidence and discover new ways of doing things, leading to positive and effective approaches not just to parenting, but in other areas of life too.
- **Improved Family Dynamics:** Regular coaching helps improve family relationships by fostering better understanding, cooperation, and harmony.
- **Stress Reduction:** Coaching can help you manage stress and maintain a healthy life balance, contributing to your overall well-being.

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EXPECTATIONS

What to Expect from the 12-Session Package:

- **Consulting Call:** This is a free call involving a comprehensive assessment to understand your needs, requirements and goals. This call is completely no-obligation to see if the partnership is a good fit for you.
- **Goal Setting:** If you decide to go ahead, our first coaching call will focus on identifying and setting achievable goals for our sessions.
- **Weekly / bi-weekly sessions:** Each call is approximately 60 minutes, and scheduled at times convenient for you.
- **Progress Tracking:** We will monitor your progress throughout our time together, adjusting our approach and methods as needed to ensure continuous growth.
- **Final Evaluation:** The last session includes a thorough evaluation of your achievements and a discussion of next steps to maintain and build on your progress.

Payment Options



650 BD

2 X 325BD

Spreading the cost over 2 payments to make the investment easier for you.

AFFORDABLE



550 BD

PAY IN FULL

Pay in full to receive the best value price, and a bonus coaching journal to help you keep track of your goals, progress and wins throughout our time together.

BEST VALUE



750 BD

+ VIP CALL

If you'd like additional support around a specific topic, add an extra consulting call to boost progress even more.

VIP OPTION