

Parent & Guardian Guidelines for Students

YOUR LOGO

The best way to describe coaching is that Laurie took two big steps forward so I could take a step back!"

Parent of a 17-year-old

For Parents and Guardians

Parents of teens or near adult coaching clients are a valuable team member in the coaching process. Often, they have the most challenging roles in the coaching...that of providing the financial support in order for the coaching to take place while at the same time, being asked to step aside so the coach and their child can move forward with the coaching process. This document provides some guidelines around this relationship that respects everyone's role.

Initially, parents/guardians may be asked to provide historical information and be included in the first strategy session. As the parent, be prepared to share your information AND to be open to your child's perspective. The goal of the consultation or strategy session is for me to discover information about your child, how they understand their challenges in order to create the most specific strategies possible so they can achieve their goals and dreams.

*The final coaching agenda, what is worked on in the coaching is your child's agenda,
not the parents.*

- Once coaching has started, if you have questions or concerns about the status or content of the coaching process; please feel free to e-mail me at _____ . Remember, all information between coach and client is confidential unless otherwise specified. I will always encourage you to discuss the coaching and/or questions first with your child before contacting me.
- If you would like additional parent coaching time, we can schedule an appointment. The fee for these sessions is the same as those for other coaching appointments.
- Try and honor the relationship I am building between your child and myself. The coach/client relationship is designed to build trust and increase self-confidence and self-advocacy. Let your child know your concerns before notifying me. If you notify me, let them know. We are working toward an open and honest communication process.
- Know when to advocate for your child directly and when to encourage self-advocacy. When in doubt, ask your child and then ask the coach.

Maintain a positive outlook about your child's progress. Remind yourself to acknowledge the positive actions taken, large and small. Coaching and learning are done step-by-step and each person learns at a

different pace...try and remain patient as your child goes through the valuable process of discovering answers for themselves, supported by the coaching relationship.