

iACTcenter

“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

Valuable Guidelines For Parents and Guardians of Students and Young Adult Clients

Parents of teens or young adult coaching clients are valuable team members in the coaching process. Often, they have the most challenging roles in the coaching....providing the financial support for the coaching 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.

Parents/guardians may be asked to provide historical or medical information and be included in the first strategy session. As the parent, be prepared to share your knowledge and be open to your child’s perspective is different than yours. The goal of the strategy session is for your coach to get to know and develop trust with your child. To understand their challenges and symptoms and begin creating specific, individualized strategies with your child 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 the coaching has started, if you have questions or concerns about the status or content of the coaching, Remember, **all information between coach and client is confidential unless otherwise specified by the child. I will always encourage your child to discuss the coaching with you and to discuss the coaching with your child before contacting me.**
- If you would like additional parent coaching time, we can schedule this with your child's permission. The fee for these sessions is the same as those for other coaching appointments.
- It’s crucial to honor and respect the relationship being built between your child and their coach. Let your child know your concerns before notifying me. If you do connect with your child’s coach, let them know the nature of the concern. As your student's coach, I will confirm any connection with you and pass on any communication between myself and you. We are working toward an open and honest communication process, and your child must know I will uphold my promise of confidentiality to them.
- Know when to advocate for your child and when to encourage self-advocacy. If in doubt, ask your child what preference they have, promote self-advocacy, and encourage them to talk directly with their coach.
- Maintain a positive and patient outlook about your child’s progress. Coaching is a process. Your child didn’t develop the challenges they are experiencing overnight, and it will take some time for them to



work through these with their coach. Acknowledge any positive actions taken by your child, large and small.