



1:1 Parent Coaching Overview

PACKAGE DESCRIPTION

I recognize that while you likely found us because of struggles with your child, my primary focus is helping you. Research shows that if I can resource you as a parent, kids have a greater chance of success—not to mention a stronger family for years to come.

This 1:1 coaching package is based on my 20+ years working with at-risk kids and 10+ years of working in the home with families. My approach uses a holistic, strength-based, family-systems approach utilizing behavioral cognitive interventions, applied behavior, and functional analysis, as well as parent coaching with a focus on attachment and structure. As part of this, I also address root issues, past trauma, attachment issues, and poor social functioning.

Goals for this 1:1 coaching package:

1. Work with you and the challenges you face as a parent
2. Gain insight into your child's behaviors
3. Help you increase your family's stability

EXPECTATIONS AND RESPONSIBILITIES

To be eligible for this package, you must first participate in our online Parenting Class that is offered monthly.

I have found that those who are most successful with coaching have the following attributes (in addition to showing up for all the coaching sessions possible):

- A willingness to try new things (even when it doesn't make sense)
- Open and honest communication about the parenting challenges you are facing

My Commitment to You:

- 4 sessions
- 1 hour sessions weekly via Zoom
- Access to Saturday mornings Bridge Building Group coaching Zoom calls
- Texting support for 8 weeks
- Access to additional support resources
- Be your guide and encourager

Your Commitment:

- To take full advantage of the hours available to your family during the program
- To be honest about how things are going and where you are struggling

SCHEDULING & COMMUNICATIONS

Coaching calls: Your weekly coaching calls will happen through Zoom at regularly scheduled dates and times. In addition, we offer:

Weekly Saturday Bridge Building Group for Parents: Our group coaching calls on Saturday mornings will be on Zoom. It can be extremely valuable and encouraging to hear from more families in similar situations. While this is not required, it is very much encouraged. I use this time to teach about the specific stones you need in building your bridge to your best family possible.

24/7 access to me: As you are learning to apply the skills to the situations in your home, I encourage you to ask lots of questions and contact me often. You have access to me 24/7 for any questions, if you are uncertain about how to handle a situation, to debrief a previous situation, desire clarification, feel like giving up, etc. Do not underestimate the advantage of staying in close contact with me. I welcome it—so your family can have the greatest impact from this coaching program. A lot can happen during coaching calls, but it is often the conversations outside of these calls that can make the greatest difference. Text messages are typically the fastest way to get a response but calls, emails or videos are also welcome. I encourage you to take full advantage of this access for your 8 weeks

PAYMENT

1:1 Online Parent Coaching Package - \$899

I look forward to helping your family build a bridge to your best family possible.



Dr. Michelle Alden, DHS, LPC, MFT