



3. Give the current roadblocks in the way of that accomplishment.

4. Explain an incident with your child/children that illustrates the concern/s you want to address during our coaching sessions.

5. List yours and your family's strengths.

6. What do you appreciate right now about each of your children?

7. Who are your best supporters?

8. How do you take care of yourself so you can parent well?

9. What other information can you provide that you think would be helpful for your coach to know? If you or any of your children are in counseling, please indicate that as well in the space below.

10. Complete this thought...After the coaching, I would like my life to look like...