



Workshop Series for Parents: **Parenting with a Coaching Mindset**

Topics per Session per Month, 2021/22

Session 1 (Sept): *The Expert Paradigm vs. the Coaching Mindset.* There are appropriate times and places for each one, but we often get stuck in the former. Learning to apply both will give you a much needed break from being Mom and Dad to the Rescue.

Session 2 (Oct): *Listening and Powerful Questions.* Distinguish between listening as coach and listening in the default, automatic way that human beings listen. Learn to ask powerful questions and let your child grapple with them.

Session 3 (Nov): *Coach the Child, not the Problem.* Learn to ask your child Being Questions, ones that explore her/his values and principles, strengths and weaknesses, as well as patterns of thought, feeling, and action.

Session 4 (Dec): *Learning Questions.* Learn to ask questions that allow your child to discover what s/he needs to know in order to move forward. Watch your child learn a lot about him/herself without you giving answers.

Session 5 (Jan): *Assumptions in Relationships.* Walk away with a powerful, simple tool that can uncover hidden narratives in your relationships. You can apply this tool to yourself and your entire family.

Session 6 (Feb): *Empathy.* Conflicts often arise when we don't understand why someone did something. Exercise your imagination and creativity about what it's really like to walk in another's shoes and see things through his/her eyes.

Session 7 (Mar): *Values Inventory.* Whether we are aware of it or not, our deeply held values drive our actions. This session will shed new light on that which really matters to you, and the degree to which you are manifesting it in different areas of your life.

Session 8 (Apr): *Trust and Curiosity.* Trust is the key to switching into the Coaching Mindset. Once you are there, you can practice being curious about your child. There is no problem for you to solve in this space. Your curiosity will manifest as questions that empower your child to discover solutions to his/her own problems.

Session 9 (May): *Signature Perspectives.* Faced with a challenge, we often forget that there are millions of ways to see an issue. This tool is easy and fun, and it will give you peace of mind.