

# Transforming Families

## What has coaching got to do with that?

### From Struggle to Peace and Chaos to Compassion

...the journey of families and the coaches who serve them.

Using the

### Parent as Coach Approach®



#### A Message to My Parents

If you **Respect** me,  
I will hear you

If you **Listen** to me,  
I will feel understood

If you **Understand** me,  
I will feel appreciated

If you **Appreciate** me,  
I will know your support

If you **Support** me as I try new things,  
I will become responsible

When I am **Responsible**  
I will grow to be independent

In my **Independence**,  
I will respect you and love you

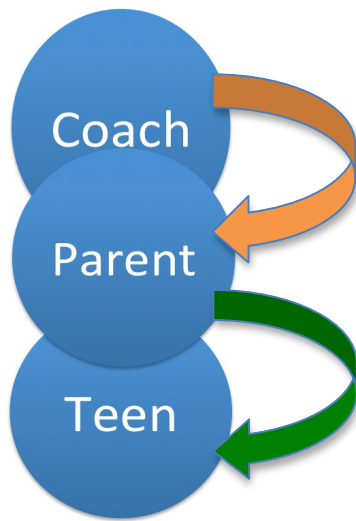
All of my life

Thank you  
Your Teenager



Coaching 4 Teenagers ❖ Parent as Coach

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## EDU-COACHING

### Teach First, Coach Second

- Awareness & solution focused, outcome based approach
- Guiding parents through the socio-emotional, biological and cognitive development of their teenagers

## RESPECT : celebrating strengths

- Mutual respect begins by parent modeling.
- Coach introduces (teaching moment) the concept of “speaking the word *RESPECT* to the teen or family member directly.”
- Not only “TO” respect your teenager, but HOW TO respect your teenager. Language “upgrade.”
  - Respect vs. Pride
  - Qualities vs. Accomplishments
  - I Respect you for your.....

### ACTION STEPS

1. Make a list of one family members QUALITIES/STRENGTHS .
2. Share your respect with them by saying “I respect you for your.....*fill in quality here.*”
3. Teach this to one person you trust. Pay it forward.
4. **Coach:** connect this to clients stated outcomes



## POV Listening: Listening from their Point of View

- Listening without fixing or solving
- Listening with your lips shut
- Listening from your heart

### Are you guilty of any of the following:

- Do you spend more time talking than listening?
- Do you finish the sentences of others?
- Are you aware of any biases and do they influence your thinking?
- Do you judge others?
- Do you listen to your internal dialogue and not the person whose speaking?
- Do you not let the other person speak?
- Do you plan your response before the other person has finished?
- Do you interrupt?
- Do you jump to conclusions or think you have the answer/solution?
- Do you ask closed questions?
- Do you keep the conversation on what interests you – not on what the speakers says?

### ACTION STEPS

1. Attention: Next time your teenager starts talking to you, stop what you are doing and listen. Take a breath and switch gears. Keep quiet don't interrupt.
2. Accessibility: Reserve at least 10-15 mins. each day as listening time. Teenagers can be difficult to pin down. Try sitting on their bed at night or chatting in the car
3. Listen to understand not fix and solve



## RESEARCH

### Question

Can parents of teenagers that attend parent coaching, using positive psychology and the Parent as Coach Approach, experience an improved parental sense of competence and well being and assist their teenagers in flourishing?

#### **The pilot study is measuring:**

Parental Sense of Competence: (Gibaud-Wallston&Wandersman, 1978) measures parenting self-esteem and two aspects of parents self reported competence: feelings of satisfaction and efficacy in the parenting role.

Parental Well being: "Warwick Edinburgh Mental Well-Being Scale (WEMWBS)

Parent Growth Initiative Scale - Parent active and intentional involvement in changing and developing as a person: By Christine Robitschek, Ph.D.

Strengths and Difficulties Questionnaire (SDQ) is a brief behavioural screening questionnaire for parents in reference to their 3-17 year old

Goal Attainment: Participants were asked to identify 3 goals and rate them on a scale of 1-10 for success and satisfaction of that area right now, then re-rate at the mid point of coaching and then again at the end of the coaching program

## CONTACT

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