

PersonalBusiness

Following a career calling in coaching

What is a parent coach and how did you come into the business?

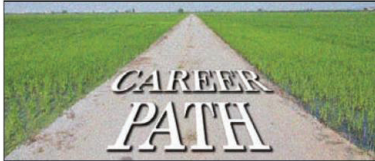
A PCI certified parent coach is a highly trained, caring professional with an in-depth background of education and experiences who listens deeply and non-judgmentally, asks parents questions they may not have been thinking about, gives new, relevant information for particular parenting challenge and offers specific suggestions to help parents implement new attitudes and strategies in their life for themselves and for their children.

I discovered the parent coaching business while searching for truly joyful and meaningful work. I took some time to target my unique strengths and interests and after much thought and the seeking of wise counsel, I discovered the Parent Coaching Institute. It was then when I had an "aha" moment. I felt the same way I felt when I found the perfect wedding dress and when my husband and I found our first home. I just felt and knew, this is for me.

What other jobs have you worked before beginning the transition to being a parent coach?

During my undergraduate English degree, I worked at the Ball State Child Study Center Infant & Toddler Lab and Preschool as a student assistant. After I graduated in May 2013, I was accepted into the public relations master's program at Ball State and was offered an assistantship at the Child Study Center. I served as the associate teacher for two years. Following my graduation in May of 2015, I was a nanny for several months and then subbed as lead teacher at the Child Study Center during the lead teacher's maternity leave during fall semester.

In October 2015, my husband and



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I married. Shortly after, we moved to Kosciusko County where my husband is a conservation officer. At that time, I was hired as a marketing specialist at a local business. In November 2015, I discovered PCI and was accepted into the program in December. I began classes for the year-long certificate program in January and was also hired as a part-time communications manager for the organization.

Are you a parent?

An interesting fact about me is I actually do not have any children. I am 25, dedicating hours and hours a week to becoming a PCI certified parent coach with no children. However, I know that you do not have to be an alcoholic to help and alcoholic and, if I had children, they would probably be completely different than my clients. I am taking advantage of this time to simply invest in myself and my calling.



Boggs

I am learning how to "be still" you could say.

What is the difference between a parent coach and a therapist?

A therapist is often helping clients heal emotional wounds and usually involves crisis. The client's energy focus is based on past hurts. Coaching helps parents deal with present, everyday challenges with a focus on empowerment and fresh approaches.

Who would benefit from hiring a parenting coach? What signs should the parent or caregiver look for?

Parents who are looking to rediscover the joy and meaning behind parenting would benefit from a parent coach. The great thing about coaching is it is catered to meet the client's unique needs. Therefore, every parent could essentially benefit.

Even those who are not yet parents could benefit. I offer before-baby services as well.

There are many signs that point to the need for parent coaching. For example, parents who are exhausted and keep approaching the same situation in the same manner. Also, parents who want to simply learn more about themselves as parents and want to better meet their child's

needs. Media related issues are also a sign that points to parent coaching. Coaching rejuvenates parents, allowing them to make positive, sustainable changes for themselves and their children.

How does parent coaching work? What's the process?

In my parent coaching practice, the first step to the coaching process is filling out a coaching agreement, outlining meeting times and the number of coaching sessions. The client then fills out an in-take agreement, allowing the coach to learn necessary information about the client. There is normally a one-hour session per week for eight to 12 weeks, depending on the client's unique needs. Parent coaching can take place over the phone or in person.

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COACHING: Focus on the good

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During the coaching process, email and text support is always available.

The coaching process goes through four stages of progress, taking a few weeks per stage. After each session, a thorough email summary is sent to the client, which can serve as an archive, tracking positive change. This also keeps momentum going moving forward.

What areas will you serve?

Because most sessions are over the phone, I will serve a wide area – possibly nationally. However, I will also encourage face-to-face sessions, which means I will serve the northeast Indiana area.

What are the top three rules parents should live by?

1. Be gentle with yourself and have impeccable self-care.
2. Always trust your instincts over someone else's. All of these parenting articles online are great, but no one knows your child like you do.
3. Focus on the good. Good and bad can be equally present, but what you

choose to focus on grows.

What's been the most difficult aspect thus far in launching your own business?

I am currently in the process of building my parent coaching business. It is difficult, because parent coaching is still a new concept. Therefore, there are not many standards of comparison. Also, because it is so new, not many people know about or understand what parent coaching is.

What is the best aspect, in your opinion, of being a parent?

Even though I am not yet a parent, I would love to answer this question. I believe the best part of being a parent is discovering strengths within ourselves that we never knew we had. We are called to grow in a way that we never imagined. Children make us feel alive in a way that nothing else can.

By Lucretia Cardenas. To suggest a "Career Path," email lcardenas@kpcmedia.com or call (260) 426-2640.

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