

Starting Strong

Recruiting Well

- Describe a heart based approach.
- Clarify expectations for the eight weeks.
- Explain that the parent may watch videos and read the books, but meeting and then working on the strategies is most important.
- Give a preview the hope they will receive.

Pre-Meeting

- Ask the parent to read the Coaching Agreement in advance.
- Encourage the parent to think about a target heart quality using the worksheet.
- Explain the idea of moving from Point A to Point B

Coachingprogram



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