

# ReachOut Parents Coaching - Frequently Asked Questions

## What is Parents Coaching?

Parenting coaches work in partnership with you to achieve effective and positive relationships with your teenager. You may want to feel less stressed, more confident or relate to your teenager more effectively.

Our coaches use an online interface and the phone to help you clarify what you want, what's working and what's getting in the way. You'll develop an action plan to move forward and the coach supports you with effective parenting tools and strategies. A coach is not a counsellor in that the focus is not on the problem, but on the solution and the way forward.

## Is Parents Coaching for me?

Coaching is open to parents and carers who are

- Worried about their relationship with their teenager and their behaviour or wellbeing.
- Your teenager needs to be aged between 12 – 18 years of age.
- You need access to a desktop or tablet and a phone

## What Can I Expect?

1. Registration - we get the information to help us help you the best we can – takes about 10 minutes.
2. Schedule your first appointment - '*Understanding My Teenager*' and watch the recommended short video in preparation for the session.
3. Your coach will phone you at the appointment time and listen to your concerns, help you set goals, develop an **Action Plan**, and decide if you want another session.
4. The focus of further sessions could be on '*connecting*', '*communicating*', or '*supporting*' your teenager. To get the most out of your coaching time, watch the recommended video before each session.
5. One month after your last session we will contact you for a brief '*Follow Up*' session to see how things are working.

## How many parent coaching sessions will I need?

The initial 90 minute session may be all you need, and there are up to three further sessions., plus a 30 minute follow up. You may stop at any stage. After each session you'll decide with your coach if another session would be helpful.

## Why do I need to fill out a parent coaching agreement?

The agreement aims to help you feel confident about the service, and helps us know you commit to the process. The agreement sets out the ways we will successfully work together and outlines what you can expect from us and what we expect from you - and know how we keep your private information safe.

## **What is the difference between parent coaching, counselling and therapy?**

Parent coaching is a partnership focused on helping you become the parent you want to be. The coach provides support and encouragement as you implement new techniques with your teenager. We focus on your current challenges as a parent and the future. Counselling focuses on dealing with issues and challenges from your past and guide you to a deeper understanding and management of your mental health concerns. If you or your teenager would benefit from counselling, coaches can help you find someone suitable in your area.

## **What are the coach's professional backgrounds?**

All our coaches are degree level qualified in Social Work, Psychology or Health and come with years of experience supporting parents, children and young people.

## **How much does parent coaching cost?**

Our funding through the Department of Social Services means we can provide all our services for FREE.

## **When are appointments available?**

Appointments are available during the day or in the evenings to suit your schedule – just check our online booking system for availability.

## **What if I need to cancel an appointment?**

Reschedule in the online booking system as soon as possible if you need to cancel or change your appointment time. Whenever possible, 24 hours' notice helps us to support other parents waiting for our service.

## **Does my teenager need to be involved?**

No. This service is for you as the parent/carer. By helping you find solutions; you can then best support your teenager. It is a common misconception that adolescence is a time of separation from parents, when in fact, your role in supporting, empathising, guiding and setting boundaries for your teenager is crucial.

## **My parenting partner and I see a situation differently. Can you help us?**

Yes. You each bring your own perspective and ideas on how to approach issues with your teenager. Parenting cooperatively leads to healthier relationships and happier teenagers - we will support you to find solutions that you both agree on.