

The Parent Program: Coaching Frameworks and Styles

When parents are well, children can thrive, which is why The Parent Program supports the wellness and growth of parents alongside the wellness and growth of their children. The program collaborates with parents in the work of setting goals for themselves and their children through coaching, information, and referrals to community resources. The program also shares new knowledge and skills more parents to more deeply engage in their child's development, health, and education. This is operationalized through two coaching frameworks and two coaching styles.

The Parent Program entails two distinct but complementary frameworks detailing the approach to coaching:

- **Wellness Coaching** - Is a way of partnering with a person to help them: 1) evaluate their wellness, 2) envision their best selves 3) create a plan for the process of change 4) connect and check in on progress, and 5) get the accountability and support needed for sustainable change. In the context of The Parent Program, the parent-centered wellness partnership is focused on self-actualization and elevating parents' own capacity to increase protective factors, manage stress, and self-actualize in every interaction with the program.
- **Family Success Coaching** - Is a tailored, as needed, partnership focused on addressing security of concrete needs such as housing, jobs, education, healthcare, and food. The family success approach keeps families informed on national, regional, and local resources and organizations available to families. Resources are made available to parents in individual and group settings, and they can choose whether they would like information or resource access as they see fit.

These frameworks are held within the two styles of coaching:

- **Group-based coaching:** Parent wellness coaches support parents in a small group of their peers to connect and learn from experiences, expand perspectives on ways of responding to their children, and build social connections with each other. Our approach to group work is inspired by [Yalom's 11 therapeutic factors for groups](#).
- **Individual coaching:** A partnership with parents through 1:1 calls and meetings with a focus on building a trusting 1:1 relationship, supporting self-efficacy, and expanding self-care techniques as tools to support self-actualization. This is a safe space where parents are invited to explore and identify strengths, growth areas, and personal visions of success.

The two coaching styles and two frameworks work together to support parents individually and as a community. The graphic below helps convey how they intersect:

| COACHING STYLE | FAMILY TOUCHPOINT EXAMPLES | WELLNESS COACHING FRAMEWORK | FAMILY SUCCESS COACHING FRAMEWORK |
|----------------------------|--|---|--|
| Individual Coaching | <p>Monthly Coach Calls</p> <p>Self Assessment</p> <p>Annual Goal Setting</p> <p>School or Program Events</p> | <p>Establishing trust and inviting a parent to reflect on their wellness, hopes and dreams and their vision of success.</p> <p>Co-creating whichever action steps and accountability measures that align with that parent's readiness and vision for self, child, and family.</p> | <p>Establishing trust and inviting a parent to openly and safely share their satisfaction with the concrete needs in their life to the extent they feel comfortable. Introducing referrals and resources as a means to address barriers to self-actualization and accomplishing personal goals. Extending the invite to learn about resources rather than just offering.</p> |
| Group Coaching | <p>Foundations Groups</p> <p>Monthly Parent Circles</p> <p>School or Program Events</p> | <p>Intentionally connecting experiences of parents in groups to open the door for learning from one another and the formation of organic relationships. Co-creating an expanded network of support that positively impacts parent's pursuit of their vision for self, child, and family</p> | <p>Intentionally observing or explicitly naming needs expressed in group settings, and extending the invitation to learn more about resources. Connecting families to support each other in surfacing resources and opportunities that have been valuable for their goals and personal vision. Being mindful respect confidentiality of needs shared 1:1</p> |