

Coaching FAQ's

What is Life Coaching?

Coaching is working in a collaborative relationship with a trained professional to help you, your child and your family reach their God given potential. This is achieved by identifying key issues, learning, setting goals, providing support, and regularly reassessing progress.

How is coaching unique?

Coaches come alongside to offer support, accountability, vision casting, goal setting and encouragement. Coaches are trained to empower you to make rapid changes. Meetings may take place in person, via phone or video calls.

What are some benefits of coaching?

Most families working through adoptive and fostering challenges long for understanding, support, and community. They also desire to draw closer together as a family, deepening their connections and get along better. Many parents hope their teens and children will understand the issues related to adoption, develop close friends, utilize their gifts and talents, and recognize and manage their emotions. All of these can be achieved with the help of a life coach.

Who will benefit from coaching?

Coaching is most helpful for parents, teens and children ages 10 and up. If coaching participants are also in counseling, they may still work with a coach if they are stable and if their counselor approves. Coaching is not a replacement for mental health treatment and is not appropriate for those who are experiencing issues such as suicidal thoughts, extreme emotional dysregulation, self-harm, depression, etc.

How is coaching different from counseling?

There is some overlap between coaching and counseling, but some key differences too. Many of the communication techniques like listening, reflecting and questioning are similar, and both offer education on issues related to adoption. Counseling utilizes a licensed professional and the focus is typically on mental health issues and on bringing healing to past trauma and losses. On the other hand, coaching is present and future oriented, focusing on practical life changes that help people apply what they are learning or get from where they are to where God wants them to be.

What training do you have?

In addition to extensive adoption, attachment and trauma related training, Renee holds a professional life coaching certificate through the International Coach Federation. To obtain her coaching certification, she has undergone rigorous education and instruction. She continues to develop her skills

and grow professionally through advanced training. For more information about the International Coach Federation please visit this website, <https://coachfederation.org/>

What are some specific ways a life coach can benefit a foster or adoptive family?

1. Giving tools for children and teens to help manage emotions, develop friendships, get along better with their parents and deal with disappointments.
2. Guiding children and teens in discovering their unique gifts, talents and abilities.
3. Teaching and training children and teens on the impact that adoption and trauma is having in their current life.
4. Teaching and training parents on issues related to adoption and foster care.
5. Working with parents to help them understand why their child is exhibiting certain behaviors and offering parenting tips and suggestions to help them respond in a firm but positive way.
6. Giving tools for parents to help manage their own emotions and reactions to their child.
7. Guiding marriages to draw closer together.
8. Working with groups of adoptive and foster children, teens and parents so they can grow together and know they are not alone.
9. Offering referrals and help navigating other services.
10. Working with families who are placing their child in a residential treatment facility.