

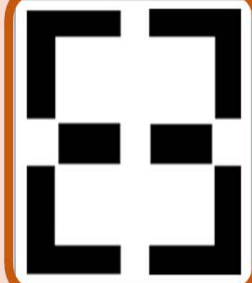
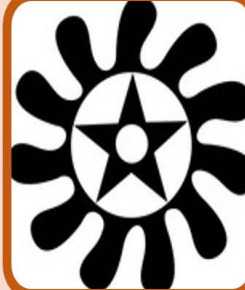
# FAMILY CENTERED COACHING



Stop. Breathe. Be.



Strength



## Step 1:

### Prepare for the Meeting

- Clear you mind.
- Create a welcoming environment.

#### • Tools

- Ready to Coach Today Checklist

## Step 2:

### Build the Relationship

- Let go of assumptions
- Honor strength and resilience
- Partner and empower– don't fix

#### • Tools

- Who Is In My Family?
- My Hopes and Dreams
- Becoming an Active Listener
- The 6 Family-Centered Coaching Steps

## Step 3: Focus Our Work

- Use the Wheel of Life to help connect and focus

#### • Tools

- Wheel of Life Assessment Tool

## Step 4: Assess Stages of Change

- Use Approach Wheel to determine role
- Respect that transformation and change take time

#### • Tools

- What Approach Do I Use? – Assessing Readiness for Change
- Transitioning Among the Approaches
- Roles A Coach Can Play
- Family Focused

## Step 5:

### Plan, Do, Review

- Help in the change process
- Celebrate successes
- Ensure small steps

#### • Tools

- Plan, Do, Review
- How to Have Effective Brainstorming Sessions

## Step 6:

### Support and Account-ability

- Support the work together
- Be reflective together
- Give honest feedback; ask for honest feedback

#### • Tools

- Plan, Do, Review
- How to Have Effective Brainstorming Sessions