

Parent - Child Life Coaching



Remember being an adolescent? It's a tough time both for the young person and the parent. **Break through "a-ha" moments** can be cultivated to create joy, lasting memories and optimism.

The parent-child journal-based coaching process, using the Inner Fortune tool, is one such way to cultivate break through moments and:

- Establish good practices for authentic communication
- Spend focused, quality time together
- Discover exciting things about each other

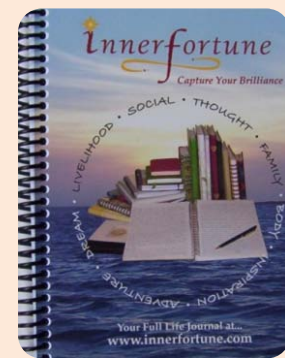
It is amazing what you can discover about each other through these simple, objective steps—and you'll be surprised at what you activate in your own life.

To schedule an appointment, call 413-265-3892

Comprehensive life goal assessment is free with first session.

After an initial session, both of you meet with Karen for eight sessions corresponding to the journal areas of adventure, social, family, body, dreams, thought, livelihood (career/school), and inspiration.

This journal-based coaching process is about giving ourselves an internal (inner) tune-up (for-tune) through focused, simple reflections on what we are saying, thinking, and doing.



Life = 90% Intention (*showing up*)
the balance is all our relations