

Terry Lamb
Parent/Family Coaching Program

Design your own curriculum and select 10 out of 15 coaching sessions! These sessions may include other family members as desired.

1. **Identifying areas of growth and development with your parental/family role**
 - Using Inside Edge Techniquessm, this session identifies way to synergize with the planetary energies available to you both short- and long-term.
2. **Setting your short- and long-term goals for parental/family development**
 - Using Session 1 as a foundation, this session focuses on setting strategic, measurable, actionable, and timely goals.
3. **Parental/Family SWOT Analysis Development and Review**
 - With the help of Inside Edge Techniquessm, this session helps you identify your key strengths, weaknesses, opportunities, and threats in your family.
4. **Personal Style Dynamics**
 - We identify and explore ways to balance personal style (unique gift-hidden fear) dynamics in the family.
5. **Breaking Through Family Patterns (Children)**
 - We explore child(ren)'s behavioral patterns in depth and identify age-related and individual factors at their root.
6. **Breaking Through Family Patterns (Parent[s])**
 - We explore parental behavioral patterns in depth and identify age-related and individual factors at their root.
7. **Communication Skills to Use and Teach**
 - We will cover ways to communicate within your family to convey effective messages and open up lines of communication.
8. **Strategies for Managing Outside Influences**
 - In this session, we will identify outside influences and develop ways to manage them so desired family changes are supported.
9. **Achieving Family Unity**
 - This session will help you identify and implement family management techniques to get the family working as a team.
10. **Developing Your Family Plan**
 - This session will help you develop your long-term master plan to achieve your goals. For example, ways to achieve long-term modification of current patterns and behaviors.
11. **Post-Pattern Change Debriefing and Analysis (Session 1 of 2)**
 - We will review and critique current marketing materials and media kits, then we will identify what needs developing and how to do so.
10. **Post-Pattern Change Debriefing and Analysis (Session 2 of 2)**
 - I will review and critique current marketing materials and media kits, then we will identify what needs developing and how to do so.
11. **Focus Session: _____**
 - This session will direct our attention to an area of critical importance to your goals. For instance, sleep issues, rebellion, behavior modification in toddlers, sibling rivalry. May be repeated as needed.
14. **Group Session With Other Family Members**
 - We will develop family goals and directions in a positive frame as a team.
15. **Anticipating Future Challenges**
 - Using Inner Edge Technologysm, we anticipate when new challenges will arise based on past experiences.