



WEEK 1 | YOUR TRANSFORMATIVE PARENTAL JOURNEY

Let' Get Started!

Please have this worksheet with you for your first coaching session!

1. Introductions!

- Your name
- Children - names and ages
- Other significant family members/chosen family in your childrens' lives
- What brought you here?
- What do you want from this program? Share your end goal.

2. Setting Our Container

- Safe Space vs Brave Space

“BRAVE SPACE”

*Together we will create
brave space.
Because there is no such
thing as a “safe space” —
We exist in the real world.
We all carry scars and we have all
caused wounds.*

*We have the right to start
somewhere and continue to grow.
We have the responsibility to
examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we*

*In this space
We seek to turn down the volume
of the outside world,
We amplify voices that fight
to be heard elsewhere,
We call each other to more
truth and love.*

*wish it to be.
But
It will be our brave space together,
and
We will work on it side by side.*

- Safety is an inside job--come with a clear intention!
- Your anchor
- Confidentiality
- Progress not perfection

3. Weekly coaching call logistics

- Meet once weekly, same time, same place!
- One hour call
- A space to share your greatest awareness from the weekly content, ask questions, and discuss concepts from our material.

4. Setting our coaching container:

- When things get challenging or uncomfortable for me I:
- In order to feel safe and secure sharing vulnerable things I need:
- My biggest concern about creating a successful outcome with this work is:
- I commit to the process because:
- If I find myself struggling and I need support, I will:
- The way my resistance might show up is: (ex. being late, cancelling last minute, not completing assignments etc.)
- If this happens, I need:
- I will look after myself through this process by:

5. Any questions?

6. Some inspiration from Rumi:

*This human being is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes as
an unexpected visitor.*

*Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.*

*He may be clearing you out
for some new delight.*

*The dark thought, the shame,
the malice, meet them at the
door laughing and invite
them in.*

*Be grateful for whatever.
comes because each has
been sent as a guide from
beyond.*

— *Jellaludin Rumi*

7. Closing and your homework:?

- WATCH: Week 2 Video: Setting your Intentions as an Empowered Parent
- READ + JOURNAL: Week 2 Workbook