

# The Process of FAMILY COACHING

by Wendy Gagné M. Div., M. Th.

## FROM CHALLENGES TO GOAL SETTING AND ACHIEVEMENT

**1**

### ASKING

- The coach asks questions of each member in the group: parents, spouses, children

### CHALLENGES YOUR FAMILY HAS

- Outline conflicts
- Say what has been done
- Look at what can be done for success

**2**

**3**

### HEALING PAIN POINTS

- List aches and pains of being together.
- Coach advises and guides

### PROCESSES FOR MOVING FORWARD ARE PLANTED

- A little housekeeping is done
- NEW Foundations are chosen

**4**

**5**

### THE COACH BRIDGES TO YOUR NEW FOUNDATIONS AND GOALS

### TOOLS & SKILLS ARE PRESENTED, PRACTICED

- Practice/demonstrate skills
- Extra sessions available for practice

**6**

**7**

### GOALS ATTAINED, MENTORING BEGINS NEXT