

Episode #19: The power of a parenting coaching session

This is actually talking about the importance of coaching. So, let's begin. This is episode 19. Let's get started.

Smarter Parenting welcomes you to our podcast series, The Parenting Coach for ADHD. Here to heal and elevate lives is your parenting coach, Siope Kinikini.

Hey, everybody. I am really happy to be here today and actually to talk about something that I am growing passionate about as we progress on this journey with Smarter Parenting and ADHD as a focus. We are offering [coaching](#), online coaching for families, for parents who have children who struggle with ADHD, inattentive type or hyperactivity or any type of issue involving children who struggle with ADHD. This is a great concept for us because this actually allows us to reach out and answer the real questions that are happening with families around the world. We know that there are so many parents out there who have limited time, limited means and they need help. They are looking desperately for some help. This is a way that we can reach out to them and help them.

Our [online coaching](#) is a program that we are launching on Smarter Parenting, and we invite all parents who have a need, or who want to be coached to go ahead and sign up for it. What it is specifically is you would go to the website. You'd fill out the form. You will fill out a questionnaire, and the questionnaire answers some very specific questions so we don't waste time talking about a ton of other things, but we can get down to business and cover what it is that you need to cover. Once we receive that then we review it and then we set up a time where we can chat and we can communicate. That is preferably that we can do it actually online through a Zoom call where we can communicate back and forth, face to face.

We would set that up. We would talk about what's going on. We'd go down the questionnaire. The questionnaire itself would be very specific in what area you want to focus the conversation on. The first 15 minutes, of course, we just want to get really down and dirty and talk about it and give you some solutions and some suggestions on things that you can try with your child. If you want to continue with a coach, then in order to keep Smarter Parenting and ADHD continuing, then we have to charge a fee for that. That actually would become part of the Smarter Parenting Club that we're hoping to launch actually at the end of September or around October and November of this year. The goal for the Smarter Parenting ADHD Club would include the coaching sessions as well that you can observe from other parents who have children with ADHD.

[The ADHD Smarter Parenting Podcast](#)

This is the amazing thing that I think people should keep in mind, is that there's one thing about being coached yourself and you can have answers that way, but you can also learn quite a bit actually from watching somebody else being coached. You can learn a lot from seeing that interaction and gleaning from the conversation between the coach and the parent on ways that you would use the information for your own families. That's all part of that.

There's a workbook that's involved with that. Weekly updates for our podcasts are released and information that is new. There's some downloadable materials that we'll be releasing in the next couple of weeks as well. Every week, a new downloadable item that you can use to help you and your child with ADHD.

The idea of coaching, okay, yeah, we know what that is, right? The importance of actually coaching is something that we take very seriously here at Smart Parenting. I'm super excited to get started. We receive emails from parents requesting information and suggestions. It's great to answer them individually, but how much more powerful and how much better it is if we can actually harness that information and then share it with everybody. That way, we can help the multiple families improve in what they're doing and what they're working on with ADHD. Of course, this is something that we all learn from. I learn from the people that I work with. I learn from the families that I work with and they learn from me. It's this sharing of information that is very, very powerful.

I want to invite everyone who is interested in coaching or having a coaching session to jump over the Smarter Parenting website and sign up. Go ahead and sign up. No obligation there. We can get down and dirty. We can answer very specific questions for you. We can set up the call. We can do all of that. It'd be very helpful for you and helpful for us also so we can engage in this conversation, in this communication with you.

We are super excited, especially that we can reach out and help people in communities that may not have the resources available to do something like this or to have access to someone who has background in ADHD and working with families with ADHD. We're just reaching out to everybody. Feel free to jump over to the [Smarter Parenting](#) website. Sign up for a coaching session, and let's get started because the family and the child that you want is there and you may just need a little push or a little guidance on how to get there. We're happy to help.

That's it for me for this week, and I will reach out again next week. Again, we are super excited to launch this coaching aspect of Smarter Parenting and ADHD. I hope to hear from you soon. Talk to you soon. All right. Bye.

Resources discussed in this episode

[Sign-up for a free 15 minute session](#)

[Sign-up for a coaching session](#)

[The ADHD Smarter Parenting Podcast](#)

[The ADHD Smarter Parenting Podcast](#) with Siope Kinikini

© Smarter Parenting 2019