

Purposeful and Peaceful Parenting, 3 months

- Free initial consultation (approx. 30 minutes)
- Twelve (12) one-hour weekly sessions (may be combined if desired)
- For traditional, single, or blended family parents, this package focuses on parenting skills and techniques
- Learn to parent from your strengths
- How to set boundaries with your child to increase respect
- Helping children learn to be responsible
- Scream free discipline
- Understand what translates to feeling loved by your child
- Conversation starters with your child/teenager
- Workbook
- Email support for duration of the coaching

Purposeful and Peaceful Parenting Package is \$499 upfront or three monthly installments of \$175