



What to expect at your parent check in

A parent check-in session serves as a succinct progress report on your child's engagement in coaching and offers guidance on how you can best support them to maximize their coaching experience.

Facilitating meaningful changes can be challenging, and your child will benefit from your support during this process.

This session provides an opportunity for us to discuss effective ways you can assist your child on their journey.

Please note that specific details of the coaching sessions will not be discussed.

Thank you for your support,

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