Coaching Kids to Success
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Introduction – Why add one more hat to my parenting wardrobe?

Ways to Listen - Everything in coaching hinges on listening.
Level 1 – Internal - It's all about me and my experience.
Level 2 - Focused - I really hear what you are saying. I'm totally focused on you.
Level 3 – Global – I hear what you are saying and notice your body language and emotions as well as what’s going on with my intuition and the environment.

Ways to Respond - It’s all about curiosity and caring, not judgment.
• Ask curiosity questions to clarify the situation:
  ▪ What happened?
  ▪ How are you feeling about it?
  ▪ I'd like to listen for what that means to you.
  ▪ What are your choices now?
  ▪ How can I help?
• Brainstorm together for creative possibilities.
• Use your intuition and make a guess. "My intuition is telling me that there is more to say here. What's really going on?"
• Celebrate with your child his successes, failures, wins and disappointments to support his process for learning from his own experiences in life. "So you didn’t win today. Maybe the win is that you are learning to deal with disappointment."

Ways to Encourage - Help them know who they are.
• Hold them accountable (no blame or judgment here) by asking:
  ▪ What are you going to do?
  ▪ By when will you do this?
  ▪ How will I know?
• Acknowledge who they are and what it took to get there. "I want to acknowledge the courage it took to tell me the truth when you had some difficult things to say."
• Champion them by standing up for them when they doubt their own abilities. Let them know they are capable of much more than they think. "You can do this. I've seen you tackle new skills before with so much persistence, like when you were learning to bounce a basketball."
• Make a request for your child to forward some action: "My request is that the dishes be done by 7."
• Practice the skill of self-management. This skill refers to the parent's ability to manage her own opinions, judgments, preferences, and beliefs in order to help the child learn and grow from his own experiences. Let them have their own experience.