

## Unique, Personalized Coaching for the Well-Being of the Whole Family

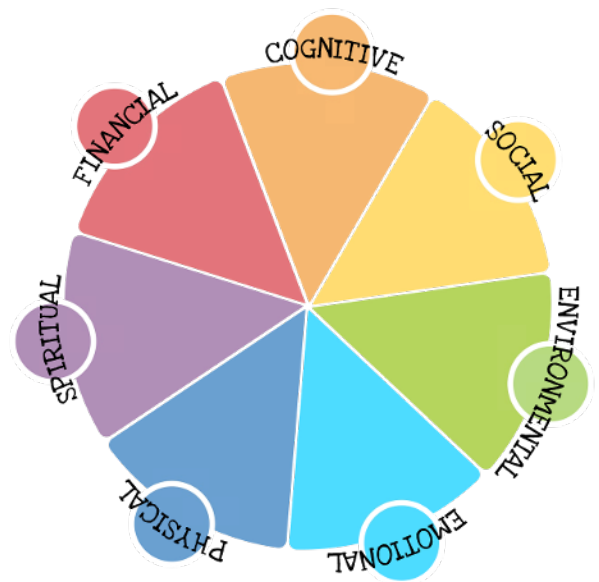
# CAREGIVER COACHING

Using her expertise in child and adult development, Dr. Jenn provides coaching for caregivers to develop specific skills that can help them work together as a family.

Caregiver coaching is carried out in weekly sessions with Dr. Jenn via Zoom, and generally last for several weeks. Each session is approximately one hour. The first session aims to identify the caregiver's goals, needs and wants. Using that guideline, Dr. Jenn then designs content for the following sessions including, but not limited to:

- Feedback on what has worked and not worked in the family unit
- Reflection and deeper understanding of dynamics
- New strategies to help the caregiver(s) achieve their goals and ways to implement the strategies
- Foreseeing potential roadblocks to success
- Developing strategies to work around roadblocks as they appear

Sessions might include role-playing of conversations so the caregiver feels more comfortable with any new strategies. The coaching that Dr. Jenn provides is specific, targeted and short-term — and Dr. Jenn will work with your budget to determine pricing.



All of Dr. Jenn's workshops are based on the 7 dimensions of well-being (cognitive, social, environmental, emotional, physical, spiritual and financial) and tailored to the needs of the family.

**Reach out to Dr. Jenn to discuss the needs of your family to see how she can help!**