

**Is your busy work schedule and the pressures of parenting impacting your relationships?**

*Let us empower you through our Parent Coach to elevate your parenting or guardianship!*



## Parent Coaching

Parent Coaching can restore your sense of direction by taking the guesswork out of understanding what your child(ren)'s behavior is communicating or what they need most from you.

Parent Coaching can often be accessed the same day and can be used for 1-time support or use your VITAL WorkLife sessions for ongoing conversation and coaching.

Our Parent Coach can help you find ways to optimize your ability to balance everything life demands of you, without overlooking your own self care.

### Parent Coaching is empowering and helps find:

- Workable solutions
- Improved communication
- Effective behavior guidance/discipline
- Parenting satisfaction
- A window into child development and behavior
- Obstacles to effectiveness as a parent
- Clarification of family values
- Ways to navigate transitions

## Contact Us Now to Start Parent Coaching.

*Learn how to provide guidance and enhance your supportive relationship with your child, especially in times of stress and disagreement.*

***Our passion is helping organizations, teams and individuals to be their best.***

VITAL WorkLife is a national behavioral health consulting practice supporting all dimensions of well being in the workplace with a multitude of solutions. Serving as a top-tier EAP since 1982, our national team of behavioral health consultants and comprehensive set of resources deliver life-changing well being solutions.



Visit us online at [VITALWorkLife.com](https://www.vitalworklife.com) or contact us at **800.383.1908**