



## How does Coaching work and how can I participate?

*Your school district has purchased individual coaching as a tool for parents, which makes coaching FREE to parents.*



*Coaches are like your virtual parenting assistant, working together to help you help your child.*

*Our coaches are trained, specialized, certified and ready to help!*



### Step-by-Step Guide: Register for Coaching

- 1 To see if coaching is a good fit, register here: <https://CookCenter.info/GetCoaching>
- 2 Select "Begin" & complete the confidential questionnaire (About 5 min)
- 3 Receive a response within 24 hours from a certified ParentGuidance.org coach
- 4 Get a personalized plan in your first meeting
- 5 Meet with your coach once a week
- 6 Have a difficult moment, message your coach 24/7 and receive responses within 24 hours.

**Your participation in  
Parent Coaching is NEVER  
reported to the district!**