



Group Parent Coaching Application

**Fill out this form in its entirety and email to ambigrowth@gmail.com

Who (and when) have you coached with before? What was the result?

What exact results would you like to achieve from this group coaching experience?

How many children do you have and what are their ages?

Tell me about the best coaching experience you've had and what you loved about it:

8-12 week group coaching programs and courses are far more intense than an ongoing monthly coaching program. Does this make you anxious and apprehensive or excited to get to work?

What are the 3 biggest changes you want to see in your parent/child relationship over the next 5 years? What 3 goals do you want to achieve within the next 3 months?

What is the greatest communication challenge you have had to overcome with your children?

What major changes has you (or your children) been faced with over the last couple of years?

What is most important to you in your life and why?



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On a scale of 1 -10 how stressed do you feel you about communicating and engaging with your children right now – what are your key stressors or triggers?

What would you like your coach to do if you struggle with your goals?

How will you know when you are receiving value from the coaching process?

What approaches motivate /demotivate you?

What would you like from your coach during your sessions: score on a scale of 1 -10 where 1 is not at all important and 10 is extremely important:

1. Gaining clarity of issues
2. Understanding what is important /what motivates me
3. Exploring and understanding what is holding me back
4. Gaining an insight into who I am, my strengths, capabilities and potential
5. Providing encouragement and support
6. Helping define goals
7. Helping to identify action and next steps
8. Challenging you with difficult questions
9. Providing honest and direct feedback
10. Making you accountable for your goals

What is your (household) income range? Circle one. (This information does not add to or subtract from the set price for this coaching product)

- a. 0-25,000 year
- b. 25,000-40,000 year
- c. 40,000-60,000 year
- d. 60+ per year