

What is Family Coaching and what is unique about a Family Coach?

This coaching is a means of supporting families to create a "*purposeful*" family. This is a family focused on *values based living, direct communication, empowerment of all relationships in the family and experiencing joy in day to day living together*. Family coaching opens possibilities for the family rather than just the individual. Family Coaching focuses on accelerating a families' movement towards a unified vision or goal. A Family Coach will also assist in establishing the groundwork by which the family successfully manages inevitable breakdowns as they occur without throwing the family into a fear based crisis and downward spiral. Coaching outcomes include:

- Effective communication
- Shared common values and mutual respect
- Conflict resolution practices
- Establish practices to achieve positive change and on-going results
- Tolerance of individuality within the family relationship
- Creating and experiencing joy as a family

A family coach is in partnership with the entire family. Family Coaching is not a therapeutic relationship. The family coach focuses on what the family wants and ways they can take action in a consistent manner to support the goals they declare. Family coaching is distinctive in that unlike working with individuals or a team in business, the coach must understand the dynamics within the family.

Family dynamics are unlike any other group dynamics. In a business group there are fears, competition, money motivation and personal bias; however, in a family all these are present plus love, history, future hopes and expectations. A family, unlike friends or business associates lasts forever, so this is a unique set of relationships. Family Coaches have extensive background and training in working within a family structure. To become a family coach requires not only specialized training, but a passion for creating whole and healthy families. Family coaches exhibit many qualities including:

- Neutrality
- Sensitivity
- Intuition
- Experience of dealing with family dynamics
- Rigorous listening
- Creativity
- Compassion
- Integrity