

9-10AM WEDNESDAY  
23RD OF NOVEMBER

WORKING TOGETHER TO  
SUPPORT FAMILIES TO  
FEEL EMPOWERED AND  
MAKE POSITIVE CHANGES  
HAPPEN

COME AND MEET THE FAMILY COACHES

## WHO WE ARE

Hello!



We are Emily and Rachel, Family Coach's for Hackney!

We have a combined 20+ years experience working with children and families and are committed to empowering families to realise their potential through coaching.

We look forward to answering any questions you may have and working with you soon!

## WHAT WE DO



We act as a connection between family home life, school and community.

We aim to provide coaching and mentoring opportunities;

- To support families to identify and talk about changes they would like to make and then find a way forward in their journey.
- To actively listen to families and identify possible workshop opportunities within communities.
- To provide a non-judgemental and confidential space for families.

## WHAT IS COACHING?



Coaching is unlocking a person's potential to maximise their own performance through conversation, goal setting and taking action.

## OUR SERVICES



### 1:1 or Family Coaching

Across the 6 sessions you will be empowered to work towards achieving self directed goals



### Parent Support Groups

A space for you to work towards goals with the support of a wider community who can celebrate successes and problem solve together.



### Drop in sessions

Email us to book a place a 20 minute drop in. These take place either online or in person at Hackney Education.

Here you can receive:

- Coaching
- Signposting
- Support

## WHAT TO EXPECT ON THE 23RD OF NOVEMBER



- We will introduce our service
- We will run a support group taster session with a behaviour focus.
- We will work together to come up with solutions to challenges that families are facing.
- We will reflect on behaviours and explore realistic alternatives to create a positive outcome.
- We will answer any questions you have!

COME ALONG AT 9AM ON WEDNESDAY 23RD OF NOVEMBER

MEET THE FAMILY COACH'S - LEARN MORE ABOUT THE SERVICE - SUPPORT GROUP TASTER SESSION