



TRACK 4: CORE COMPETENCIES NEXT STEPS

ELECTIVE: SINGLE PARENT COACHING by Kim Schofield

Lesson 1: A Whole New World as a Single Parent

1. Watch the video by Kim Schofield entitled, "Forging a New Path without Emotional Baggage."

Completed:

(continued on next page)

2. Write a one-page review of the content of the video, and identify the specific applications you want to make in your coaching practice.

3. Create an acronym for PAIN.

P _____

A _____

I _____

N _____

4. List three (3) positive ways you can help clients face their pain.

When you've completed the assignment, save this PDF and email it to your coach.