

# Before Baby Outline

Before baby coaching is for couples and individuals preparing for parenthood. Through before baby coaching, we will explore your unique strengths and values and how they translate to parenting. We will also discuss the transition to being a parent and explore how to be the parent you would like to be based on biblical principles and your values through a coaching framework.

Coaching can either take place over the phone or in person according to your preferences and location. Depending on your unique needs, sessions can last anywhere from eight to twelve sessions at one hour per session. I recommend one session per week in order to allow for quality focus and maintain momentum.

Detailed session summaries will be emailed to you following each session, creating a coaching archive, making it easy to keep track of progress and also continuing positive momentum. The entire coaching process is kept completely confidential. During coaching, unlimited text and email support is available.

## **Session 1: In-take**

During your in-take session, we will discuss your in-take form that will be provided before the coaching process begins. We will go over why it is you are seeking coaching, what you hope to obtain from the coaching process and more about your current situation.

## **Session 2: Discovery**

The discovery session is for shedding appreciation on all that is currently working in your situation. We will also discuss your individual strengths and how they support your family and will continue to support your family as you add a little one to your team.

## **Session 3: Dream**

During your dream session, you will imagine what your ideal is for your future. We will paint a picture together of what your hopes and dreams are for your parenting journey.

## **Sessions 4-9: Design**

Design sessions are for taking steps toward your ideal future that use your unique strengths and are aligned with your values. With each small step, you will find yourself closer and closer to your ideal future. You will also develop wonderful self-awareness during this time that will support you while preparing for your little one.

## **Session 10: Destiny**

Destiny is a wonderful time where we celebrate together how far you have come during the coaching process. We will discuss together what worked well and what strengths you used to overcome challenges and deepen your self-awareness. We will talk about the tools you gained that you will apply once baby arrives.

*Children are a heritage from the Lord, offspring a reward from him. Like arrows in the hands of a warrior are children born in one's youth. Blessed is the man whose quiver is full of them.*

Psalm 127:3-5