



How does Coaching work and how can I participate?

Your school district has purchased individual coaching as a tool for parents, which makes coaching FREE to parents.



Coaches are like your virtual parenting assistant, working together to help you help your child.

Our coaches are trained, specialized, certified and ready to help!

Step-by-Step Guide: Register for Coaching

- 1 To see if coaching is a good fit, apply here: <https://CookCenter.info/GetCoaching>
- 2 Select "Register Free" & complete the confidential questionnaire (About 5 min)
- 3 Receive a response within 24 hours from a certified ParentGuidance.org coach
- 4 Get a personalized plan in your first meeting
- 5 Meet with your coach once a week
- 6 Have a difficult moment, message your coach 24/7 and receive responses within 24 hours.

Free and Confidential Registration

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