



# CERTIFIED Parenting COACH BROCHURE





# PROGRAM SUMMARY

The program is aligned with ICF competencies and combines evidence-based parenting science with advanced coaching techniques, enabling participants to confidently support parents facing real world challenges.

Graduates will leave with the expertise to enhance their coaching practice, supported by a comprehensive toolkit and certification as ICF- accredited Parenting Coach

The Certified Parenting Coach Program is designed to equip participants with the essential coaching skills, parenting frameworks and psychological tools necessary to guide parents toward healthier, more empowered and emotionally intelligent parenting. This program emphasizes both coaching mastery and specialized knowledge in parenting dynamics, emotional regulation, neuro-linguistic programming (NLP) and communication strategies.

The intensive 5-week virtual certification program es. Through a balance of theory, practical application, live demonstrations, role-play and real-life case studies.



# **BENEFITS OF ATTENDING**

- Clarity on the Coaching Role vs. Counseling
- Mastery of Core Coaching Tools
- Transformation of Limiting Beliefs in Parenting
- Deeper Understanding of Conscious & Unconscious Parenting
- Enhanced Emotional Intelligence & Self-Awareness
- Effective Communication & Conflict Resolution Skills
- Practical Transformation & Habit Formation Techniques
- Hands-On Coaching Practice & Feedback
- Alignment with ICF Core Competencies & Ethics
- Recognized Certification upon Completion

# MODULES



## **Module 1: Foundations of Parenting Coaching**

- What is parenting coaching?
- Differences between counseling, therapy, and coaching in parenting.
- Overview of ICF Core Competencies and Code of Ethics.
- Exploring common parenting challenges through a coaching lens.

## **Module 2: NLP Presuppositions and Beliefs**

- NLP presuppositions and parenting beliefs.
- VAK – Visual, Auditory, Kinesthetic
- Reframing techniques and perceptual positions.

## **Module 3: Conscious and Unconscious Parenting:**

- The emotional hijacking in parenting.
- Attachment styles and their parenting implications.
- Parenting wheel of life.
- Creating an empowering parenting identity.

# MODULES



## ***Module 4: Communication and Conflict Management:***

- Principles of effective communication in parenting.
- Nonviolent Communication (NVC) framework.
- Conflict resolution, effective conversations, and language power in parenting.

## **Module 5: Transformation. Habits and Advanced Coaching Practices:**

- Habit formation and behavior change models.
- Aligning parenting values and family vision.
- Applying ICF Core Competencies in real coaching sessions.





#### **DURATION:**

- **Virtual:** 5 Weeks  
(30 Training Hours)
- Every Monday and  
Wednesday from 6 to 9  
pm



## **ABOUT US:**

**Growth Coaching Academy (GCA)**, an ICF Approved Coaching Education, is at the forefront of empowering professionals with the essential soft skills needed in today's fast-paced work environment. Our mission is to unlock the potential within each employee and manager, fostering an atmosphere of growth, efficiency, and enhanced interpersonal dynamics. Specializing in a wide array of soft skills training, we equip individuals with the tools necessary for impactful leadership, coaching skills, effective communication, peak performance, social intelligence, building trust, among others.



**INVESTMENT:**  
USD 900

Ask about our Installment Facilities



# Program Director

*Tanya Hamdan*

Parenting Coach

Tanya Hamdan is a Professional Certified Coach (PCC), certified trainer, and experienced parenting coach with a strong background in life skills education. For the past years, she has been delivering impactful trainings for parents and conducting workshops in schools and online, reaching diverse families and communities.



As a certified parent coach and trainer for parents with special needs and a mother of three, Tanya brings both expertise and empathy to her work. She has supported hundreds of parents and mothers in building stronger connections, improving communication, and developing the tools to raise confident, emotionally healthy children.

Tanya offers practical, proven strategies rooted in emotional intelligence and real-life experience. She is also a partner in Growth Coaching Academy and Teen Leadership Academy, where she trains aspiring coaches and youth leaders to thrive.

With a solid track record, Tanya is recognized as a credible and trusted figure in the field of parenting education. She is passionate about empowering others to lead their families—and their lives—with clarity, compassion, and confidence.





# CONTACT INFORMATION

For Information and Registration

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