

How to Prepare for Generational Health



Here's How to Prepare Yourself and Your Family for Therapeutic Coaching:

- Take inventory of the current state of your emotional health and be very honest with yourself about it.
- Create a list of the things that have (in the past) and the things that currently have a tendency to hinder your emotional health.
- Make a list of the things that support your emotional health.
- Use the lists to form a strategy map of what you need to avoid, embrace, and what you need to deal with to obtain and maintain your emotional health.
- Family Meeting: Hold a family meeting to discuss the importance of life coaching and how it may impact the family dynamics.
- Support System: Encourage your family members to express their feelings and concerns about the process.
- Establish Boundaries: Set boundaries around your coaching sessions to ensure uninterrupted time for yourself.

- Reassurance: Reassure your family that your participation in life coaching is for personal growth and does not reflect any shortcomings in the family.
- Invite: Invite your family members to join you in building generational health.

Before Your First Session:

- Set Clear Intentions: List specific goals you want to achieve through life coaching.
- Reflect: Take time to reflect on your current challenges and areas where you desire growth.
- Open Communication: Discuss with your family members about your decision to engage in life coaching and how they can support and join your journey.
- Organize Your Thoughts: Jot down any questions or concerns you have before your sessions.
- Deep Breathing: Practice deep breathing exercises to calm the mind and body.
- Visualization: Visualize a positive outcome for your coaching session.
- Grounding Techniques: Use grounding techniques such as focusing on the present moment or connecting with nature.

After Your First Session:

- Journaling: Reflect on your coaching session by jotting down key insights and action steps.
- Self-Care: Engage in self-care activities that nourish your mind, body, and soul.

- Gratitude Practice: Express gratitude for the progress you've made and the support you've received.

What exactly is Therapeutic Life Coaching?

First, let us introduce you to coaching that can change the way you do life, family, and business.

The Formal Definition:

For us, therapeutic life coaching is a collaborative and client-centered approach aimed at facilitating personal growth, self-discovery, and positive change. We integrate principles from coaching, counseling, and therapy to help individuals overcome obstacles, clarify goals, and develop skills for enhanced well-being. We provide support, guidance, and accountability while empowering our clients to explore their emotions, beliefs, and behaviors in order to create meaningful and sustainable transformation in various aspects of their lives.

Our Definition is all of the above plus...

We take a holistic approach to caring for your heart and the heart of your family and friends. We believe healing and thriving in life require a tribe of people that are willing to heal together so they can do life and business together. We both have extensive formal training in psychology, counseling, trauma-informed support, biblical studies and a whole lot more. We use everything we've got to help you get whole. Click [here](#) to meet our coaches and learn more.

Ready to start your healing journey? Click [here](#) to schedule your session.

Generational Health is waiting for you!