



COACHING EACH OTHER

BUILDING A BETTER RELATIONSHIP

COACHING

People tend to grow through coaching. When you think about coaching, terms like mentorship or leadership may come in mind.

The goals for the exercise include:

- To support each other.
- To learn from each other.
- To respect each other.
- To provide gratitude.

For the exercise below. Start with Part 1, then transition to part 2.

FRIENDLY REMINDER

Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.

PART 1:

Partner A:

My parenting skills/superpowers are: (consider writing a list of areas that you feel you are strong in when it comes to parenting).

My partners parenting skills/superpowers are: (consider writing a list of areas that you feel you are strong in when it comes to parenting).

FRIENDLY REMINDER

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Partner B:

My parenting skills/superpowers are: (consider writing a list of areas that you feel you are strong in when it comes to parenting).

My partners parenting skills/superpowers are: (consider writing a list of areas that you feel you are strong in when it comes to parenting).

FRIENDLY REMINDER

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PART 2:

For the next 30 days and so forth, try to allow yourself to be coachable. This means that you are open to hearing your background. To learning from your partner. All while removing defensive walls and increasing openness to grow together.

Walkthrough example:

Jane shared with her husband Seth that she really loves his ability to handle their sons' tantrums. After sharing, Seth gave Jane a hug and said thank you. Jane asked Seth to show her what he does. Together they sat down and role played. Seth showed Jane how he uses eye contact and deep breathing with their child. The next time their son had a tantrum, Jane and Seth came together. Jane used the eye contact and helped their son relax by breathing. Seth touched Jane's shoulder and shared gratitude and praise.

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