



Forest Cottage Centre

Welcome to **Forest Cottage!** We offer personal coaching for parents who are working with challenging children in their lives and are seeking hope and help.

With the support of Forest Cottage you will:

- **Respond to your child with specialized behavioural strategies.**
- **Fill your life with purpose and hope.**
- **Experience ongoing support in your parenting.**
- **Strengthen your relationships.**
- **Optimize the use of your unique talents, skills and resources.**

It is the mission of Forest Cottage to offer hope and help as you create the life you imagine. The basics of our approach are:

- ❖ **Root building** by focusing on self-care and strengthening your personal foundation for life.
- ❖ **Growing** new strategies to handle current situations, as well as building long term dreams to provide focus and hope.
- ❖ **Forest Building**, strengthening your attachments to others, including your family, friends, and support system.

Please contact our office if you have any questions:
1-877-261-6361 or email: Tanya@ForestCottageCentre.com



Forest Cottage Centre

Here's what some of my clients are saying:

- 'I couldn't have kept this child in my home without Tanya's support'
- R.S., Foster Mother
- 'We've learned a whole new way of parenting... and it works!'
- D.T., Biological Father
- 'Tanya works fast!' - S.G., Adoptive Mother
- 'Wise advice' - H.S., Step-Mother
- 'My child no longer pushes my buttons' - D.B., Adoptive Mother

Biography

Tanya Helton has over ten years experience in working with families with special needs children. She has worked with parents, police, schools, organizations, social services, and mental health agencies. Her training includes a M.Sc. Criminology (Leicester), BA Sociology/Criminology (Winnipeg), Certificate of Excellence in Non-Profit Leadership and Management (Wisconsin), and Critical Incident Stress (CIS) Debriefing Certificate (Justice Institute of BC).

Through her office, Forest Cottage Centre, Tanya provides life coaching to clients in-person as well as over the phone. As a coach, she offers support and helps clients to take care of themselves while developing strategic parenting plans. The sibling of three adoptive children and the parent of an adopted child (her niece), Tanya brings practical understanding as well as a caring heart to her coaching.

Frequently Asked Questions about Coaching

What is coaching?

- ❖ Coaching is a new profession. Coaches come from a variety of backgrounds, experiences and training levels. They help people rethink their situation and their responses.
- ❖ Coaches help people:
 - ✓ Help people set better goals and then reach those goals.
 - ✓ Ask their clients to do more than they would have done on their own.
 - ✓ Focus their clients better to produce results more quickly.
 - ✓ Provide the tools, support and structure to accomplish more and overcome blocks.

What is the basic philosophy of coaching?

- ❖ We are all discovering what we really want and that we can get what we want faster and easier by having a coach who has been there and who can help us.
- ❖ Forest Cottage's basic philosophy is that parents need practical help and support from a professional that truly understands what it is like to live with a severe behaviour child.

How is coaching different from consulting? Therapy? Sports coaching? A best friend?

- ❖ **Consulting:** Coaching is a form of consulting. But the coach stays with the client to help implement the new skills, changes, and goals to make sure they really happen.
- ❖ **Therapy:** Coaching is not therapy. We don't work on your past apart from relating it to your future. We work on the parts of your life that you want to move forward in not those causing or relating to deeper psychological problems. We recommend working with mental health professions, as needed, in addition to a weekly coach.
- ❖ **Sports:** Coaching includes several principles from sports coaching, like teamwork, going for the goal, being your best, etc. But unlike sports coaching, most professional coaching is not competition or win/lose based. We strengthen the client's skills rather than helping them beat the other team. It is win/win.
- ❖ **Best Friend:** A best friend is wonderful to have. But is your best friend a professional who you will trust to objectively advise you on the most important aspects of your life and career? Have a best friend and a coach.

What happens when you hire a coach?

- ❖ You get a better life. You take more effective and focused actions immediately. You stop putting up with what is dragging you down. You create momentum so it is easier to get results. The synergy that develops with the coach keeps you motivated. You set better goals than you might have without a coach.
- ❖ You have support in place BEFORE you hit a crisis. And the work you do now will reduce the impact and likelihood of a crisis later on.

Where does the coach focus with an average client?

- ❖ We focus where the client needs us most – generally on parenting strategies that work with challenging children. And, we tend to weave in the following discussions: Getting the client's personal foundation strengthened. Helping the client beef up their reserves. Helping the client set goals based on their personal values.

Tell me more...

A personal coach does just what an athletic coach or music teacher does, only in a more complete and bigger way. A coach challenges you and takes the time to help you develop the vision YOU dream of. A coach is your partner in living the life you know you can find. A coach is someone to hold you accountable for your life, to make sure you really do live up to your potential, and encourage you along the way.

Most people believe that 'hard work and doing it on your own' are the keys to finding the life, success, money, or happiness that they seek. They believe that a price must be paid to attain what they want, and often that price is poor health, not having enough time to enjoy life, and strained family relationships. The saddest part is that, even though this effort may result in more of something, it is often not the something you had in mind, and you are back where you started, or worse, further from your real intentions.

Athletes and performers know about this trap. They know they need someone else, a trained someone else to help them set goals, discover real needs, and work effectively toward ultimate goals of excellence. So, they are willing to hire a coach or a teacher. No serious athlete or musician would expect to progress very far without one.

What about people who are already doing great in their lives? Why would they need a coach?

They might not need a coach. But it is helpful to find out... Are they doing what they most enjoy? Are they tolerating anything? Is life easy? Are they going to be financially independent within the next 15 years? Do they have what they most want? We have discovered that, often, people expect more out of their lives. A coach can help in this process.

What does it cost to hire a coach?

Forest Cottage offers a variety of affordable options for clients. Some parents participate in free teleclasses or teleconferencing support groups, others have occasional sessions (\$75/hr), while others choose weekly sessions (\$250 - \$500 per month for 4 sessions (1 hour/week) with unlimited email support between sessions). Forest Cottage is always open to developing a package that meets parents' needs and budgets. All clients are welcome to use the toll-free number for telephone sessions. Please or e-mail call for more information about our services.



Forest Cottage Centre
Phone toll-free 1-877-261-6361 Fax 250-785-0344
E-Mail Tanya@ForestCottageCentre.com www.ForestCottageCentre.com



Forest Cottage Coaching Agreement

Client Name: _____

This agreement between Coach Tanya Helton (Forest Cottage Centre) and the above-named client will begin on _____(YY/MM/DD) and will continue for a minimum of three months. Monthly services include four one-hour coaching sessions and unlimited e-mail support between sessions. The fee is \$_____CDN (+ GST) per month payable by the first of each month.

The services to be provided by the coach to the client is in-person or by tele-coaching, as designed jointly with the client. Coaching, which is not advice, therapy or counselling, and may address specific personal or business projects or challenges in the client's life and/or profession. Other coaching services include value clarification, brainstorming, identifying plans of action, examining modes of operating in life, asking clarifying questions, and making empowering requests. The coach will provide a toll-free number for the client to phone during sessions, thereby eliminating long distance charges for the client. It is the client's responsibility to call the coach at the agreed upon appointment time. The client is also responsible for pre-booking four sessions at the beginning of the month. Missed appointments will attempt to be rescheduled for later that month based on coach availability. These hours must be used prior to the end of that calendar month; they will not be carried over to future months.

Upon completion of this initial 3-month contract, coaching will continue on a month-to-month basis. The client and coach agree to provide one another with a fourteen (14) day notice in event that either wishes to cancel further services.

The coach promises the client that all information provided to the coach will be kept strictly confidential.

Throughout the working relationship the coach will engage the client in direct and personal conversations. The client can count on the coach to be honest and straightforward in asking questions and making requests. The client understands that the power of the coaching relationship can only be granted by the client – and the client agrees to do just that: have the coaching relationship be powerful. If the client believes the coaching is not working as they desire, the client will communicate this to the coach and take action to return the power to their coaching relationship.

Our signatures on this agreement indicate full understanding of and agreement with the information outlined above.

Client _____ **Date (YY/MM/DD)** _____

Coach _____ **Date (YY/MM/DD)** _____

**Please mail to: 9412 – 112 Avenue, Fort St. John, BC V1J 2V9
for the coach to sign - a signed copy will be returned to you.**



Personal Information Fact Sheet

All information will be kept strictly confidential.

Client information

Full Name _____

Name you like to be called _____

Home Telephone _____ Work Telephone _____

Message or Cell Phone _____ Fax Number _____

E-mail _____

Address _____ City _____

Region/Province _____ Country _____ Postal Code _____

Birthdate (Month and day) _____

Number of Children _____ Significant Other's Name _____

Names and Ages of Children:

Diagnosis of Children (if seeking parent coaching): _____

How did you hear about Forest Cottage?

Website

A friend told me - Please specify who*: _____

A Workshop

SNAP

Other: _____

* Those who refer clients to Forest Cottage receive an Affiliate Award. They will not be told your name.

Notes: Please indicate any further information you wish the coach to know on reverse.



Billing Information

I prefer to pay by:

Cheque (Made Payable to: Forest Cottage Centre)
Must be received prior to first session of each month.

Visa € **MasterCard**

Name on Card: _____

Billing Address (if different from mailing address): _____

Card Number: _____ Exp ____ / ____

I authorize (please check one) € \$80.25 (\$75.00+GST) CDN per hour **OR** € \$_____ (\$_____ + GST) CDN per month to be automatically billed prior to my first session of each month. I understand that payments will continue as per my contract for a minimum of 3 months and then monthly unless 14 days cancellation notice is given prior to the billing date.

Signed: _____

Outside Party - (please check one) € \$75.00 per hour **OR** € \$_____ per month
Bill to: _____

Contact Person: _____ Phone: _____

***NOTE: WRITTEN BILLING AUTHORIZATION FROM THIRD PARTY MUST BE RECEIVED
PRIOR TO FIRST BILLED SESSION.**