



FAMILY COACHING

A life-changing opportunity for your family.

What is Family Coaching?

A “coach” is a transporter of something valuable from one location to another. Family Coaching, then, is a unique partnership with you and your loved one to help in the transportation and strengthening of your relationship from one season of life to another.

How Does Family Coaching Work?

Drawing upon the Leading Jesus’ Way Model of Servant Leadership and The Gottman’s Institute’s psycho-social education material, you will acquire a portfolio of cognitive, somatic, social learning, and structural development tools, techniques, and strategies to help you live a shared life of service, intention, love, and respect.

Why Is Family Coaching Important?

In healthy relationships, each partner is responsive to the other. In Family Coaching, you and your loved one will receive easy to apply strategies to embrace deeper vulnerability and authenticity and gain an understanding of how to communicate and serve one another with more fondness and admiration. You’ll learn how to foster the development of an emotionally healthy relationship, even inside your most emotionally challenging situations.

What Sessions Are Available?

- + Coaching sessions uniquely crafted for you pending the season of your relationship
- + Gottman Institute’s program: *7 Principles of Making Marriage Work*
- + Gottman Institute’s program: *Bringing Baby Home*

Your Family Coach:



Sara Thingvold

Servant Leadership Coach, ICF Executive Coach, Master Certified Life Coach, and Trained Leader of Gottman Institute’s *7 Principles of Making Marriage Work* and *Bringing Baby Home*.

“Sara is a blessing and I am so grateful for her! She listens and gives you the skills you need to do life and do it well. She seeks to understand and guide in gentleness, patience, and wisdom that kept me going. We need people to help us “do life” and Sara is a great person to find that help!”

-- Martha McDaniel, Twin Cities, MN

Contact Sara to learn more:

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