

## Mission

### To help parents raise successful, independent and responsible adults!

Yes, our mission—your mission as a parent—is to **raise adults—not kids!** We want our children to become adults who are **successful, independent and responsible.**

Midlifeventures **Raising Adults Not Kids Parent Coaching System** coaches parents to **coach their teens.** Parents learn to Set Goals, Design and Implement Action Steps, take Action, and Coach Teens to shape and sustain successful, independent and responsible lifestyles.

*If* you want your teen to

- **Communicate and cooperate** with you, so he can communicate and cooperate as an adult
- **Follow your rules**, so she successfully meets an employer's expectations
- **Problem-solve, make good decisions, and make healthy and safe choices**, so he is independent and responsible in adulthood
- **Think positively** about and **plan** her future

*Then* **Raising Adults Not Kids** is for you!

## General Parent Coaching Topics

- Communication & Cooperation
- Influencing Positive Behavior
- Effective Discipline
- Promoting Independence
- Shaping Positive Risk Taking
- Preventing Harmful Risk Behavior

## Single Parent Coaching Topics

- General Parenting
- Separating Divorce from Parenting
- Communicating with your Ex
- Establishing Shared Routines
- Coordinating House Rules, Discipline & Visitation
- Setting Parental Expectations
- The Role of Significant Others
- Continuity of the Biological Family

## Step Parent Coaching Topics

- General Parenting
- Combining households: Kids, Stuff, Rules & Traditions
- Setting Family Expectations
- Preserving the Couple Relationship
- Discipline Guidelines for the Biological and Step Parent
- Interacting with the Other Biological Parent
- Setting Boundaries

## Menu of Services and Fees

### In-depth, One-on-One

**\$35.00/Session**—6 1-hour Sessions

### Topical Group (General, Single, Step)

**\$20.00/Session**—6 1-hour Sessions

Minimum: 5 Maximum: 8 group members

*Advertised in advance – watch for dates*

### Workshops

**\$25.00/participant-3 hour workshops**

Minimum 10 participants

*Advertised in advance – watch for dates*

### Touch-Base Coaching

**\$50/Session** –90-minute Single Session

All fees payable in advance of sessions at <https://www.midlifeventures.com> via Pay Pal – Credit Cards accepted.

## Meeting Options

**Local Clients:** Coaching services provided at Midlifeventures' corporate offices or by phone and email

**Long-Distance Clients:** Services provided by phone, email or scheduled Webinar

## **Catherine Rain Certified Professional Coach**

Catherine Rain, CPC, specializes in life coaching for parents of teens. She combines her life experience with her professional training to help you quickly, easily, and naturally redesign your relationship with your teen.

Catherine is a graduate of the University of Alabama, with more than 20 years experience in the field of health-related, risk reduction. She is a Certified Professional Coach, Certified Parent Educator, and an author. She is also the mother of three adult sons and stepmother of two teen boys.

### **Professional Memberships:**

- International Coach Federation
- The Coach Exchange
- American Association of Health Educators
- American Evaluation Association
- Southeast Evaluation Association
- Florida Freelance Writers Association
- The Writers-Editors Network

### **Coaching Services Available**

Two-Parent Family  
Step Parenting  
Single Parenting  
Public Speaking and Presentations  
One-on-One Coaching  
Topical Parent Group Coaching  
Touch-Base Coaching  
Workshops

### **Contact Information**

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## **Raising Adults Not Kids™ Parent Coaching System**



**Coaching Parents to  
Coach Teens!**

**Two-Parent,  
Single and Step Parent Families**

**Catherine Rain, CPC  
Midlifeventures**