



Parent & Coaching Support

Guidence for the Toughest Job!



ORAH
CONSULTING

6 Steps to Transform Your Parenting Journey with Orah Consulting

SEND THE INITIAL DM

The journey begins with a simple step: send me a message to schedule your free 30-minute consultation. This session allows us to connect, discuss your challenges, and determine if we're the right fit to work together. You'll leave with clarity and a plan, whether we move forward or not.

THE DISCOVERY SESSION

Once we commit to working together, we'll dive into a 90-minute discovery session. This is where we unpack:

- The specific challenges you're facing.
- Your parenting style, household dynamics, and goals.
- Key patterns (hello, helicopter parenting or guilt-driven decisions) that may need some reworking.

Expect to feel heard, understood, and supported—but also ready for some tough-love truths.

CUSTOM ROADMAP CREATION

Based on the discovery session, I'll create a personalized roadmap tailored to your family. This includes:

- Practical strategies to address specific behaviors.
- Tools to implement consistent boundaries and discipline.
- Self-reflection exercises to identify and address your own behaviors that impact your child.

This is where the magic begins: small, actionable steps with BIG results.

WEEKLY MEETINGS AND ADJUSTMENTS

For the next four to six weeks, we'll have weekly coaching calls to monitor progress and make adjustments. Each call includes:

- A review of what's working and what's not.
- Guidance on how to navigate challenges in real time.
- Encouragement to keep you focused and on track.

BUILDING LONG-TERM SKILLS

This is where the real transformation happens. You'll develop the skills to:

- Maintain consistency and structure in your parenting.
- Communicate effectively with your children.
- Respond thoughtfully instead of reacting emotionally.

By now, you'll feel equipped and confident to handle day-to-day challenges without second-guessing every move.

A MORE PEACEFUL HOME

The final outcome: a home where everyone feels safe, grounded, and connected. You'll notice:

- Your child's behavior improving dramatically.
- Less chaos and more cooperation.
- Stronger, more meaningful relationships within your family.

You'll have the tools to maintain this harmony long after our coaching ends.