



Swings and Roundabouts: A Self-Coaching Workbook for Parents and Those Considering Becoming Parents (The Professional Coaching Series)

Agnes Bamford, Irvine Gersch, Anna Golawski

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The first two authors of this coaching workbook are themselves parents who have been on a journey of "swings and roundabouts" - experienced the highs and lows of having children. Having difficulties knowing how to parent in many situations, which was not made easier by the conflicting advice in the media, made them unsure of their own parenting skills. This was one of the reasons that they entered into the field of parent-coaching. They were trained coaches who wanted to use their coaching skills and experience as parents to help both themselves and other parents get the understanding and trust in themselves to be the parents they dream of being. As an educational and child psychologist, Irvine was able to contribute an evidence and psychological base to the project. Parents often feel alone and the authors have found that running courses for them created a space where they could share experiences with each other as well as experiment with different ways of parenting. It is their intention to give back some of the awareness they gained in this comprehensive and invaluable self-coaching book.

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