



Sheryl Stoller PCI Certified Parent Coach™

Stoller
Parent Coaching

How Can I Help My Child Thrive Through Life's Transitions?

We have physicians to keep our children healthy, dentists to fill their cavities, and teachers to develop them intellectually. But most of us are on our own when it comes to parenting.
It doesn't have to be this way.

Parenting. Nothing we do is more important—or more challenging. Whether you're a new parent, one with young children, teenagers, or college-age children, parenting is a life-long commitment and can be all-consuming. It offers some of life's greatest rewards as well as its most profound challenges, involving many difficult transitions.

Sheryl Stoller, PCI Certified Parent Coach™

Sheryl Stoller is an exceptionally trained and qualified parent coach. A graduate of the Parent Coaching Institute, which sets the highest standards for parent coaching professionals, Sheryl helps parents navigate the challenges and enhance the rewards of parenting. She empowers her clients to turn life transitions—both their own and their children's—into opportunities for growth and deeper connections. With Sheryl's guidance, parents and children go on to greater consistency in enjoying their lives, experiencing ongoing growth and fulfillment.

A mother of three, Sheryl's life experience, training, work in the field, and innate talents give her an unparalleled ability to understand and empathize with other parents. Clients praise Sheryl for her ability to listen without judgment, provide encouragement and support, and inspire effective solutions using proven research-based approaches and the parent's own experience.

For more information about Sheryl and her services, contact
sheryl@stollerparentcoaching.com
708.738.8289

“Sheryl asks questions that draw out thoughts and observations that I would have overlooked. Through this process, I have seen the relationship between my boys improve and my confidence as a parent grow.”

— Mother of two (15 months and 5 years)





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The 4-step process that Sheryl tailors to her clients' unique needs and situations:

Discovery The process typically begins with an in-depth conversation to understand the family challenges and to establish a trusting warm parent/coach relationship. Sheryl gently guides parents to unearth the positives, including the things they are currently doing that contribute to the moments that work. She encourages parents to appreciate each family member's unique needs and gifts. Through the Discovery process, parents are energized and motivated for the work ahead.

Dream Sheryl helps clients consider and articulate the hopes they have for their children and their family. She helps them put these hopes into a phrase (and possibly a visual or tangible cue) that keeps them on track as they engage with their children. This larger perspective guides parents' words and actions. This process generates deeper connections, ongoing growth and a very rewarding positive feedback loop.

Design Once challenges have been assessed, strengths identified, and a dream articulated, Sheryl guides clients to create concrete steps to make their dream a reality. Using focused questioning, Sheryl helps parents identify the approaches that have the most positive effects for their children and for themselves. All along the way, she provides parents with knowledge about what research has shown to be effective.

Destiny In this final step, Sheryl works with parents to sustain success and continue positive growth. Once parents are consistently living their dream, Sheryl's questions help them create effective reminders to use their newly acquired parenting approaches in the moments they need them. With these skills now readily available, clients have what they need to move forward, confident in their ability to apply what they've learned to future challenges. They are re-energized, calmed, and committed to sustaining the behaviors that meet their children's needs for healthy growth.



"Sheryl's coaching has helped me enormously to be a more proactive, competent and empathetic parent. I highly recommend her to anyone who would appreciate assistance in becoming the parent they strive to be."

— Mother of young teen diagnosed with Aspergers Syndrome, Chicago suburb

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— Mother of two (15 months and 5 years) from Airmont, New York



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**For The Family Defense Center, Sheryl is offering to the highest bidder:
2 free 1-hour sessions, either by phone or in person.
Value, short-term: \$200**

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