



**inspire** balance  
coaching parents, teens & young adults

# How to Talk about Coaching *with your daughter*

You understand the value of coaching and are ready to give your daughter an experience that will help her tap into her potential and thrive. But, you are not sure how to bring it up. How can you share the benefits of coaching without her shutting down? How can you talk with her about it so she becomes open to giving it a try?

Follow these tips.



**Be realistic:** “I know you don’t want to share everything with your parents. That’s OK. It may be helpful to have someone else who understands you and who you can talk with about the hard stuff you’re dealing with.”

**Be enthusiastic about coaching:** “I met a really cool woman who is all about supporting girls to live happier, more amazing lives. I think you will like her.”

**Ask open-ended questions:** “How are things going for you?” “What would it be like to have someone outside your family and friend group who will listen and support you?” “What would it be like if you didn’t feel stressed and anxious so often?”

**Empower her.** Emphasize that she will have a say in whether coaching and the coach are a good fit. Invite her to schedule a meet-and-greet before making a commitment to a coaching program.

**Consider your timing.** She is more likely to resist the idea of coaching when she is in a crisis. Choose a time when she is relaxed, open, and calm.

**Assure her that nothing is “wrong” with her, and coaching is not a punishment.** Always frame coaching as positive and empowering. Explain that her coach will be her advocate and cheerleader, supporting her through life’s most challenging times so she can feel her best and live her best life!

**Point out other successful people who have a coach or a mentor.** Athletes work with coaches to help improve their skills, strength, and performance. Celebrities hire coaches to help them sharpen their talent and navigate the challenges that come with fame. Successful entrepreneurs have coaches who help them clarify and reach their goals.

**Find your own humility.** Admit that you don’t always have the answers or know the best way to guide her. Coaching will be a support for you as much as it is for her.

