



## TRACK 4B: CORE COMPETENCIES NEXT STEPS

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### ELECTIVE: SINGLE PARENT COACHING by Kim Schofield

#### Lesson 1: A Whole New World as a Single Parent

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1. Watch the video by Kim Schofield entitled, "Forging a New Path without Emotional Baggage."

Completed:

(continued on next page)

**2. Write a one-page review of the content of the video, and identify the specific applications you want to make in your coaching practice.**

**3. Create an acronym for PAIN.**

**P** \_\_\_\_\_

**A** \_\_\_\_\_

**I** \_\_\_\_\_

**N** \_\_\_\_\_

**4. List three (3) positive ways you can help clients face their pain.**

**When you've completed the assignment, save this PDF and email it to your coach.**