

THE FAMILY COACH SERVICE

WORKING TOGETHER TO SUPPORT
FAMILIES TO FEEL EMPOWERED AND
MAKE POSITIVE CHANGES HAPPEN

WHO WE ARE

Hello!



We are Emily and Rachel, Family Coach's for Hackney!

We have a combined 20+ years experience working with children and families and are committed to empowering families to realise their potential through coaching.

We look forward to answering any questions you may have and working with you soon!

WHAT WE DO



We act as a connection between family home life, school and community.

We aim to provide coaching and mentoring opportunities;

- To support families to identify and talk about changes they would like to make and then find a way forward in their journey.
- To actively listen to families and identify possible workshop opportunities within communities.
- To provide a non-judgemental and confidential space for families.

WHAT IS COACHING?



Coaching is unlocking a person's potential to maximise their own performance through conversation, goal setting and taking action.

OUR SERVICES



1:1 or Family Coaching

Across the 6 sessions you will be empowered to work towards achieving self directed goals.

These can take place either online or in person.
Available to any family living in Hackney



Parent Support Groups

A space for you and a small group of parents work towards a goal you'd like to achieve. We will celebrate successes and problem solve together.
Available to any family that has a child attending a school in Hackney.



Drop in sessions

Email us to book a place for a 20 minute drop in session every Monday between 1-3pm.

These take place either online or in person at Hackney Education, 1 Reading Lane, E8 1GQ.

Here you can receive:

- Coaching
- Signposting
- Support

Available to any family that has a child attending a school in Hackney.

 FAMILYCOACH@HACKNEY.GOV.UK

WHAT TO DO IF YOU WOULD LIKE SUPPORT



- Speak with your SENCO to be referred for 1:1 coaching and to find out where our support groups are.
- Email us directly if you have a questions, to book a drop in appointment or if you want to receive our newsletter.

WE LOOK FORWARD TO MEETING YOU