

Diploma Course in Parent Coaching

Work as a parent coach in accordance to Jesper Juul's theories and teachings.

After completing the training, you will be able to:

- Coach individuals in the process from the current state to the desired state.
- Identify the individual's needs behind their behavior.
- Map out what builds a healthy psychological safety in a family.
- Find a balance in your role as a mentor coach for parents.
- Lead manual-based parenting courses and create your own workshops and lectures.

Apply for the education – registration



Structure

Day 1 & 2: Coaching in theory and practice. The role of a coach.

After this module, you will be able to begin your training in coaching skills and adopt a coaching approach towards other individuals, clients, and groups.

Day 3 & 4: Introduction to Jesper Juul's analysis tools for inner existential well-being and external behaviors/symptoms.

After this module, you will be able to analyze human needs behind behaviors. You can navigate between different parenting styles and become comfortable with the parenting style that builds resilient children with responsibility, integrity, and self-esteem.

Day 5 & 6: Process coaching. Professional coaching tools.

After these days, you will have sufficient models, tools, and training to start working with your own practice clients. You will now have access to organized and regular online supervision and support through your coaching partner.

Day 7 & 8: Fundamental values for functioning family communities.

After this module, you will be able to identify what is missing in dysfunctional families and recognize and explain what builds psychological safety.

Day 9 & 10: Group and team coaching. Couple and family coaching.

After this module, you will feel more confident and have more tools for coaching parents and couples. You are now ready to receive and coach colleagues in groups and teams.

Day 11 & 12: Review and structure of parenting courses.

After this module, you can lead parenting courses and receive information on how and where to package and market courses and workshops as a self-employed individual.

Day 13 & 14: Certification days, presentation of client work. You will receive personal developmental feedback on your client work and on you as a parent coach.

After this module, you will further refine your abilities as a parenting, couple, and family coach. You will have continued access to online supervision for an additional three months.

Day 15 & 16: Review of lecture manuals with various themes and target groups. Blended families, teenage families, from couples to families, professional development, etc.

After this module, you will be able to create your own personalized workshops and lectures with various themes. You can lead parenting courses.

Included

What you will receive:

- 16 high-quality training days with lectures and exercises. On-site in Stockholm, Gothenburg, or Malmö. There is also the option to participate remotely as the training is broadcasted in a hybrid format.
- Internationally recognized coach certification from FamilyLab.
- Four modules of four days each (total of 16 days).
- Comprehensive course materials, models, and supervisor materials.
- Supervision and individual feedback on your 3 client cases.
- Limited number of participants, maximum of 18.
- All models and communication on FamilyLab's Learnifier learning platform.
- Well-structured independent work between the modules.
- Models and tools for individual coaching, couple coaching, family coaching, as well as group and team coaching. All clearly presented on FamilyLab's learning platform.
- Analysis tools for individual inner/outer well-being.
- Systemic analysis tools for groups and families.
- Training folder.
- Supervisor manual with lecture manuals.
- Supervisor manual for parenting courses.
- Course literature, all available as physical books, and three of them also available as audiobooks.
- Individual supervision for the work you do with your practice clients.
- Individual feedback with developmental potential for you as a parenting coach.
- Group supervision to learn from the experiences of your course colleagues.
- Coaching partnership, where you coach each other every other week from module two onwards.
- Reading list. (All literature is included)



The following books are included as E-books

- “Your Competent Family” by Jesper Juul.
- “Your Competent Child” by Jesper Juul.
- “Life in the Family” by Jesper Juul.
- “Coaching with Mental Training” by Lars-Eric Uneståhl and Gregor Schill.
- “Coaching: What, Why, How” by Susanne Gjerde.
- “Family-Labs Supervisor Manual for Seminar and Parenting Course Leaders.”
- “Family Conversations” (e-book) by Jesper Juul.
- Coaching course folder.
- Parenting course folder.

What you will learn:

- How to use coaching as an effective tool.
- How to recognize and work with your own and others’ full potential.
- How to change and improve relationships.
- How to see possibilities and potential in the challenges you face.
- How to coach individuals in a process.
- How to coach families in a process.
- How to coach couples in a process.
- Group and team coaching, such as working with teams.
- Conducting parenting courses, workshops, and lectures.

Certification: Coaching of the highest quality!

For your and your clients’ safety, this training is quality assured by the international professional organization FamilyLab. This means that after completing the training, you will work according to FamilyLab’s ethical guidelines, receive a certificate, and become part of the FamilyLab coach network. In the network, you will receive further training and supervision to ensure the quality and development of your professional work, as well as marketing yourself as a coach. One year included.

Certification requirements:

- Attend all training sessions.
- Present 3 client cases.
- Complete 100 hours of intentional training.
- Write a reflection on yourself as a Parenting and Family Coach.
- Read the course literature, which consists of six books.

Date & Registration

Dates

Module one: 14-15 October 2023
Module two: 11-12 November 2023
Module three: 13-14 January 2024
Module four: 24-25 February 2024
Module five: 23-24 March 2024
Module six: 27-28 April 2024
Module seven: 1-2 June 2024
Module eight: 21-22 September 2024

Time

09:00-16:00

Registration is open until the group is fully booked. Register now to secure your spot.

[Apply for the education – registration](#)

Teachers & Target Group

Target Group: This training is designed for those who work or want to work with parents and families in the fields of parenting support, preventive parenting support, family centers, schools, preschools, study associations, student health, care, social services, residential care homes or their own business.

[We have previously completed the FamilyLab training.](#)

Teachers: Åsa Schill Responsible trainer and coordinator for Family-Lab Sweden, Couple and Family Coach. Certified Coach, Step 1 therapist, Kundalini yoga and meditation teacher, Process leader.

Gregor Schill Experienced trainer in coaching leadership, Coach in mental training and performance psychology. ICC-, EMCC- and ABLC-trained Coach. Certified Mental Coach.

Anita Blom af Ekenstam Trainer and supervisor for Family-Lab Sweden, Family therapist and Marte Meo therapist.

Ulrika Kragell Trainer for Family-Lab Sweden, Certified Coach, Social worker, Family therapist.

Price for the training package

Including supervision, course literature, supervisor manuals, course folder and certification.

Price for the training package: €6350

Book Now Bonus: - €1850

Your price book now: €4500

Payment options:

Invoice at the start of the training

If you prefer to pay per semester its €2250.

Booking fee:

Upon booking, we will invoice a booking fee of €300 which will be deducted from your final invoice.

Book Now Bonus:

1. Access to telephone support every Tuesday from 2:00 PM to 7:00 PM, valued at €520
2. FamilyLabs learning platform - 8 hours of high-quality filmed Jesper Juul lecture valued at €30
3. Membership in the FamilyLab Facebook group for invitations, inspiration, and community.
4. One-year membership with presentation and marketing on the FamilyLabs website, valued at €500 SEK.
5. Autumn -24 online boost day - Building presentations €200
6. Autumn -24 online boost day - Building parenting Cours €200
7. Spring -25 online boost day Inner Well-being Analysis Tool €200
8. Spring -25 online boost day Values for healthy families €200

Total bonus value: €1850

Testimonials

FamilyLab Sweden is an organization that has been training parent coaches and family therapists in Sweden since 2006. According to FamilyLab Sweden, all of its previous participants have been satisfied with their training, with some describing it as life-changing and revolutionary. FamilyLab values the deep and positive impact its training can have on its participants and strives to provide the best possible education experience to its new participants.

If you want to contact a reference person, you can email FamilyLab at admin@familylab.se.

Several participants have shared their experiences and feedback about the FamilyLab training program. For example, Maria, a social worker, felt more confident and secure as a parent coach after completing the program. Anna, a foster care secretary, gained a deeper understanding of the importance of creating a loving and secure environment for children and how it can affect their long-term mental health. Åsa, a social psychiatry unit manager, felt more capable of handling different challenges and supporting families. Other participants, such as Karin, a senior care unit manager, Sofia, a team leader in child and youth services, Emma, a counselor in addiction care, and Helena, a care and welfare strategist, praised the program's coaching skills, authentic parenting, and values in the family. Overall, the participants appreciated the program's positive impact on their work and their ability to help families better manage challenges and enhance their psychosocial well-being

