



Parent & Transition Coaching



Moving to a new country or facing any other big change, can be challenging, not just for your children, but for you as a parent too.

Parent or transition coaching offers a unique opportunity for growth and transformation, helping you navigate these changes with greater confidence and clarity.

Through coaching, you'll gain insights and tools to strengthen your family dynamics, improve your wellbeing and emotional strategies and handle the pressures of adapting to new environments.

It's a chance to pause, reflect, and find clarity in choices that support both you and your family on this exciting journey.

Parent / Transition Coaching - Online - 40 BHD (60 mins)
10 x sessions - 360 BHD