



PARENT COACHING

WITH MIKE DONAHUE

FOUNDER, DIRECTOR OF VALUE UP

*You don't have
to figure it out
alone.*

PRACTICAL HELP. REAL CONVERSATIONS. STRONGER RELATIONSHIPS.

For parents who want to connect with their teens, communicate better,
and make a lasting influence.

PARENT COACHING CAN HELP YOU:



COMMUNICATE
in a way your teen
will actually hear.



REDUCE CONFLICT
and rebuild
connection.



SET BOUNDARIES
that work without
pushing them away.



LEARN TO LISTEN
to understand,
not just to respond.



**NAVIGATE THE
TEENAGE WORLD**
with confidence.

“ Mike gave me practical tools
and helped me see my teen
in a whole new way. **”**

— PARENT



BUILDING VALUE.
STRENGTHENING RELATIONSHIPS.
CREATING STRONGER FAMILIES.

READY TO TAKE THE NEXT STEP?

VISIT OUR PARENT RESOURCE CENTER

VALUE-UP.ORG/PARENTS

BOOKS • RESOURCES • COACHING WITH MIKE

Better conversations today. Stronger relationships tomorrow.