



# COACHELLA



## Coaches Coaching Coaches

RELIVE

REMIND

RECHARGE

RESOLVE

RESOURCES

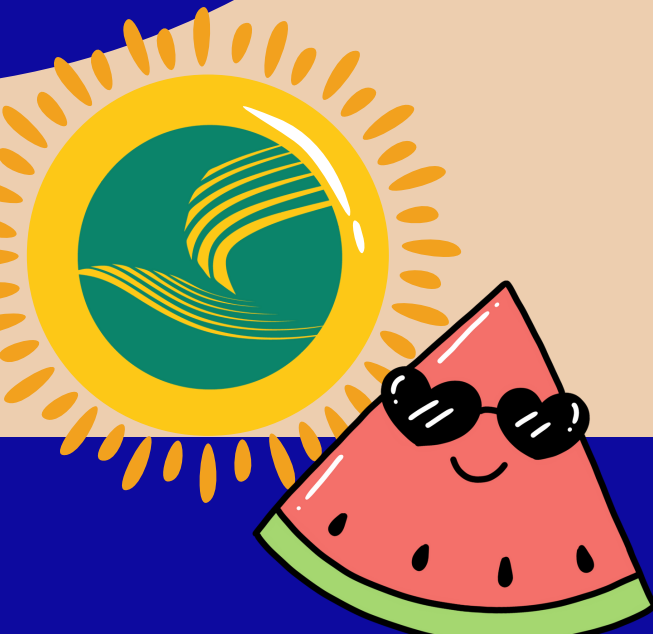




CHECK OUT  
FGLN'S NEW

# BACK TO SCHOOL GUIDE 2023-2024

Back To School With the **Flint & Genesee Literacy Network**



FLINT & GENESEE LITERACY NETWORK  
ANNOUNCES:

# Summer Adventure Storytelling Contest

Submit your entries virtually

- TIER 1: Written
- TIER 2: Video
- TIER 3: Illustration

Deadline: Oct 10th

Prizes awarded!

WINNERS WILL BE CHOSEN FROM  
EACH TIER & GRADE CATEGORY

Click to Enter  
the Contest!

Click to be a Judge  
or Donate a Prize!

VISIT OUR WEBSITE  
FOR MORE DETAILS!





# RELIVE

Last Coaches' Session, we held discussion about Coaching through Challenges. Here's what participants had to say!

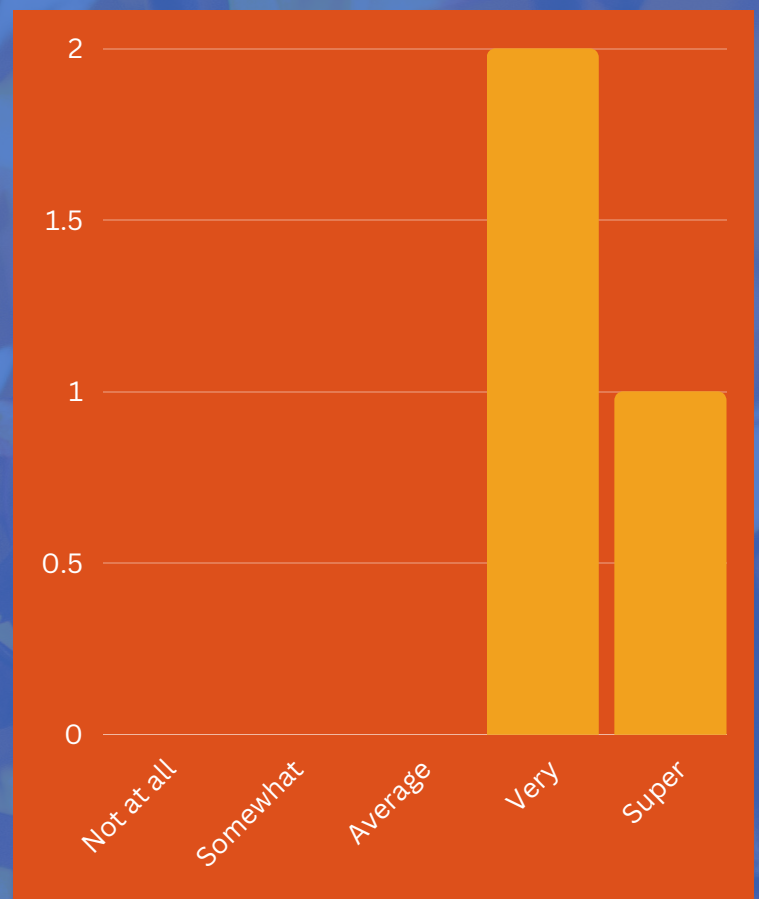
TODAY'S MEETING LEFT ME FEELING ...  
**INVOLVED**      **INFORMED!!**

*“Service delivery can be taxing and consum[ing] for the teacher, social worker, nurse; anyone working in providing a service for their community.”*

I FIND THIS MOST VALUABLE:

**COMMUNITY  
AND COMRADES**

HOW INFORMATIVE  
OR HELPFUL WAS  
TODAY'S SESSION?



# REMININD


## 10 Things You Can Do Everyday.

Being cognizant of the daily toxic stressors that occurs due to institutional racism, implicit bias, poverty, and inequality, Family-Centered Coaching helps you take actions as a coach to help reduce the impact on families. Thus, eliminating hassle factors, like meeting distance, time, length of forms, and program requirements can help bolster parent participation.



Based on best practices from behavioral economics, trauma-informed care, and executive skills building, FCC has identified 10 things you can do every day as a coach to best help your clients navigate systems and utilize resources.



HOME

# RECHARGE



## TRAUMA-INFORMED CARE

SEE SECTION 4 OF YOUR FCC TOOLKIT  
(PGS 32-38)



Read our  
*Conversation in  
Coaching* with  
co-chair  
Shearese  
Stapleton and  
learn the  
wonderful things  
she is doing in  
the community  
with ACEs & the  
trauma-informed  
approach!



### Coaching through Trauma



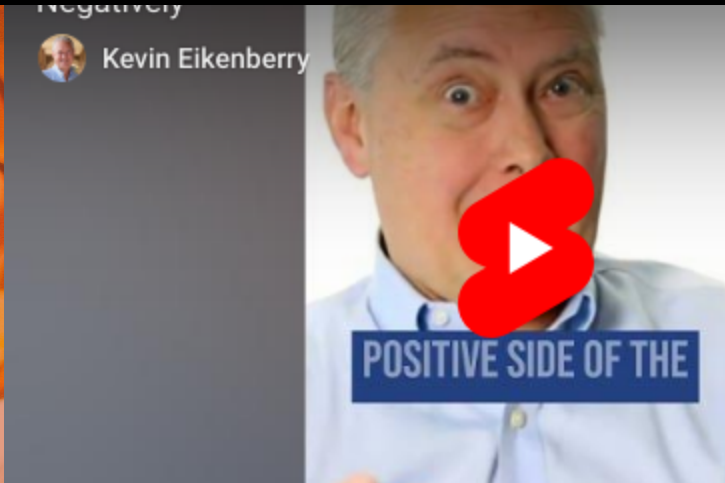
MOTHERS OF JOY INSTITUTE FOR PARENTING  
AND FAMILY WELLNESS, INC



# RESOLVE

SELF-CARE IS  
A  
MINDSET

## Self Care for Coaches



**FIND POSITIVITY EVEN  
IN THE NEGATIVE!**

While an Epsom salt soak and pumpkin spice latte are forms of self-care, we often need to go deeper for meaningful change and to avoid burnout. Important forms of self-care can be working out, signing up for classes, sleeping, getting a check-up, setting boundaries, or seeking therapy!

# Have someone you would like to invite to our PLC?

## PROFESSIONALS WANTED!


Hosted by the Flint & Genesee Literacy Network, Family-Centered Coaching (FCC) Professional Learning Community is a virtual cohort of professionals who support each other in learning and practicing the Family-Centered Coaching framework.

FCC is a holistic, integrated, fluid, and participatory framework that consists of tools, tips, and strategies for working with families in poverty. FCC recognizes that each individual brings their own unique goals, strengths, and experiences to the larger system with their own unique goals, strengths, and experiences.

FCC is a client-centered, coaching framework that provides the foundation of evidence-based practices that support professionals to collaborate with their clients as equal partners to achieve goals and improve the lives of their clients.

### FAMILY-CENTERED COACHING FIT FOR YOUR ORGANIZATION

- Increased Equity and Inclusion
- Trauma-Informed Solutions
- Improved Client Relations

 (810) 232-2526

 flintandgenesee@literacy.net

## WOULD YOU LIKE TO BE A PART OF OUR PROFESSIONAL LEARNING COMMUNITY?



### AS A PART OF THIS COMMUNITY, YOU WILL:

- Participate in bi-monthly Coaches' Sessions
- Receive bi-monthly newsletters
- Participate in relevant professional development
- Enhance your knowledge of the FCC framework
- Gain access to a supportive network of fellow coaches and professionals
- Support the community by sharing your own experience, expertise, and resources

REGISTER TODAY!

(810) 232-2526

  
FLINT & GENESEE  
Literacy Network

[www.flintliteracynetwork.org](http://www.flintliteracynetwork.org)

[flintandgenesee@literacy.net](mailto:flintandgenesee@literacy.net)



SCAN ME

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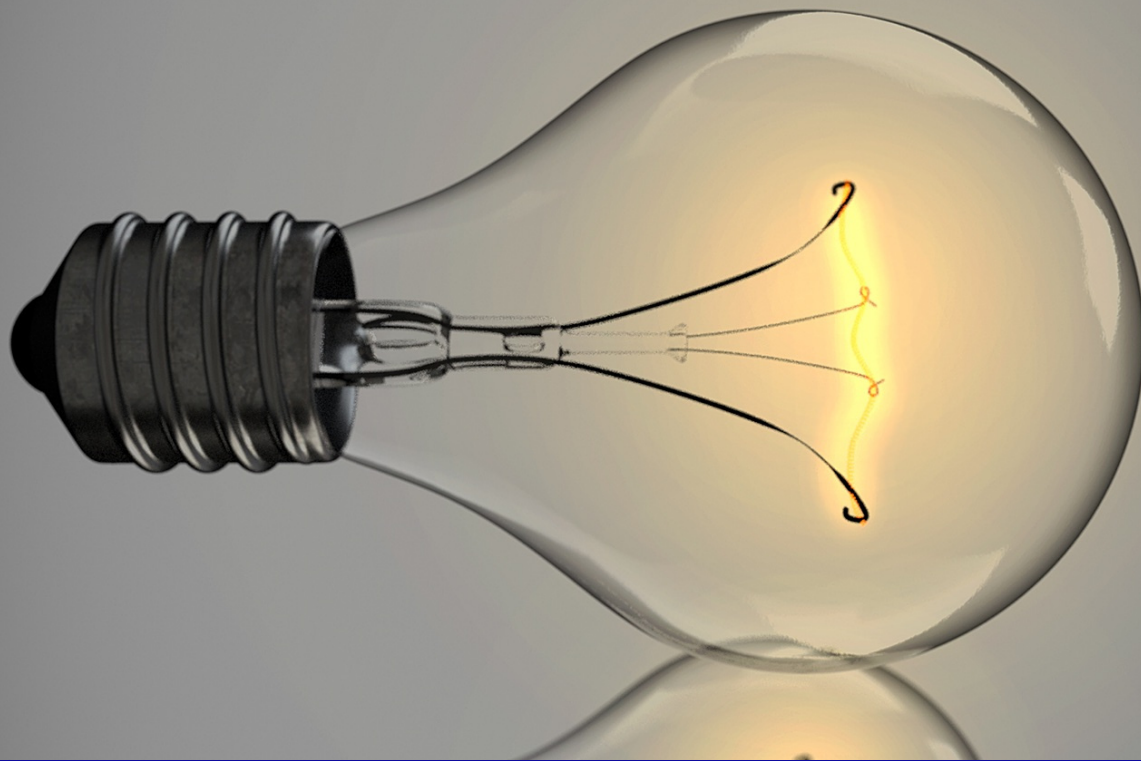
# RESOURCES



[WEBSITE](#)



[FACEBOOK](#)



## RESOURCE GUIDES:

[FCC TOOLKIT](#)

[FGLN FCC SELF-CARE GUIDES](#)

[FCC COMMUNITY RESOURCE GUIDE](#)

# Family-Centered Coaching

## COACHES' SESSION

@ 12:30 PM

1ST THURSDAY OF EVERY OTHER MONTH

Professional Learning Community



Family-Centered Coaching

A Flint & Genesee Literacy Network Collaboration



FCC PLC  
COACHES' SESSION

FAMILY-CENTERED COACHING



HOME

Or Click Here



REGISTER TO JOIN US FOR  
OUR NEXT PLC MEETING, OCT. 5TH!



CLICK OR SCAN!





# Family-Centered Coaching

## Toolkit



Scan to download

Or Click Here



SIGN-UP FOR A PRINTED COPY?

CLICK OR SCAN!



SEPTEMBER, 2023

EDITION 13



# THANK YOU TO OUR PARTNERS!

