

**Joan Armon, Ph.D.**  
**Holistic Parent Coaching LLC**  
[www.holisticparentcoaching.com](http://www.holisticparentcoaching.com)

**For Parents, Step-parents, & Care-givers of Children from Birth to 7 years Old**

**Contact Joan at: 720-353-3045 or [Jdarmoncoach@gmail.com](mailto:Jdarmoncoach@gmail.com)**

### **Professional Fees and Hours**

Single sessions are available for purchase and the fees are listed below. Ongoing sessions, however, are the most beneficial for addressing challenging child behaviors. To make ongoing sessions more affordable, 2 cost-saving packages are listed below.

#### **SINGLE SESSIONS**

- \$130 per 45-minute Coaching Session with one or both parents or care-givers.
- \$130 per 45-minute Cozy Kid Spaces Session: Planning, Design, or Review with Robert Armon, licensed architect.
- Payments must be received at least 24 hours before an appointment to reserve Single Sessions. Payments may be made via Venmo, Stripe, or Square. Fees are subject to change at the Coach's discretion.

#### **BENEFITS AND COST-SAVING PACKAGES for COACHING SESSIONS**

**Benefits when you select a cost-saving package include:**

- 3 Zoom Coaching Sessions per month, 45 minutes each. Please schedule at least 24 hours before the appointment time you prefer.
- Handouts based on research findings to guide your strategy, practice, adaptation, and maintenance of the most effective approaches for you and your child.
- In addition to the 3 scheduled Coaching Sessions each month, two 15-minute telephone consultations per month are included. Please contact me first via text (720-353-3045) or email ([Jdarmoncoach@gmail.com](mailto:Jdarmoncoach@gmail.com)) to coordinate a day and time.
- Convenient recurring payments may be set up on Venmo, Stripe, or Square.

### **Cost-saving 3-Month Package for Coaching Sessions:**

- \$240 per month Recurring Payment for 3 months charged each month (\$80 per session, 3 sessions per month with Benefits listed above)

### **Cost-saving 5-Month Package for Coaching Sessions:**

- \$225 per month Recurring Payment for 5 months charged each month (\$75 per session, 3 sessions per month with Benefits listed above)

### **An Example of the Sequence of Three-month or Five-month Sessions**

- First, identify your values, beliefs, traditions, and aspirations for your child, you, and your family. We celebrate your parenting successes and pinpoint a challenging child behavior you want to address.
- In subsequent sessions, we examine the context and sequence of a challenging child behavior and parent responses. We then determine an immediate pathway of strategies that you apply and practice at home.
- In following sessions, we analyze your child's and your own responses as you practice the strategies. We may also consider responses of other family members and apply adaptations as needed.
- Ongoing reviews of your home strategy practice are aimed at anchoring new behaviors and discussing what adaptations may be needed. We create a long-term plan to encourage ongoing positive behaviors.
- Topics of sessions may also examine additional challenging behaviors you want to address.
- We celebrate the development of your child's positive character traits and the evolving family harmony that occurs now and into the future.

### **COACHING HOURS for 45-Minute ZOOM or TELEPHONE SESSIONS**

- **Mondays:** 1:00 p.m. - 6:00 p.m.
- **Tuesdays:** 10:30 a.m. - 4:30 p.m.
- **Thursdays:** 1:00 p.m. - 6:00 p.m.
- **Fridays:** 10:30 a.m. - 4:30 p.m.
- **Saturdays:** 10:30 a.m. - 1:00 p.m.

**I'm delighted to work with you and look forward to our sessions!**