

# Sidekick Strategy Session Prep Guide

**Welcome, Friend!**

I'm so excited you've booked your Sidekick Strategy Session. This isn't just another Zoom call—this is a turning point. A space where we take all that second-guessing, tiptoeing, and emotional exhaustion... and start turning it into calm, confident, connected parenting.

This guide will help you walk into our session feeling grounded, clear, and ready to receive.

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## **3 Quick Journal Prompts (Optional, but Powerful)**

These prompts will help you gain clarity before we dive in.

1. **What does “connection with my teen” look and feel like to me?**  
(No pressure—just describe your dream day or moment.)
  2. **What emotions do I usually feel when my teen pulls away or shuts down?**  
(Be honest. Guilt? Anger? Fear? Helplessness?)
  3. **If I could shift one thing in the next 30 days, what would it be?**  
(This helps us prioritize your first breakthrough.)
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## **2 Simple Grounding Techniques (To Use Before Our Call)**

### **1. Box Breathing (2 minutes)**

Inhale for 4 counts → Hold for 4 → Exhale for 4 → Hold for 4. Repeat 4 rounds. This calms your nervous system and resets your focus.

### **2. Hand-on-Heart Pause (1 minute)**

Place your hand over your heart, close your eyes, and say: “I don't have to have all the answers. I just have to be present.”


Take 3 deep breaths. That's it.

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## **Final Reminder**

You're not behind. You're not broken. You haven't failed. You're just a mom who cares deeply and is ready to reconnect—with tools, not just hope.

I'm honored to walk this path with you.

Let's make this session one that changes everything. 

Chat Soon!

**Kimberlee**

Parent Coach + Connection Strategist