

The six weeks move from the outside in, and back out again: first your everyday life, then you, then your child, then the two of you. "You both" means together; "you" on its own means each of you separately.

	WEEK 1 Your everyday life	WEEK 2 Your story	WEEK 3 Your reaction	WEEK 4 Your child	WEEK 5 Your partnership	WEEK 6 Your foundation
WHAT YOU TAKE AWAY	An honest picture: what already works, and where you want to start.	The pattern you do not want to pass on has a name. Including achievement as an early imprint. Small steps, and every session ends in the present.	You notice earlier what is happening inside you, and learn new ways to respond. Plus what your child can and cannot do at their age, which prepares week 4. A halfway review.	You recognise what your child needs right now: safety, connection or trust. And how to make up after a fight.	The invisible load is shared in a way that fits your family. If you parent alone, this is the week you build your own network.	You know what carries you, and what you will not pass on. Sorting what stays, what goes, what grows new. At the end, a measurement against your picture from week 1.
RECORDED COACHINGS (2)	<ul style="list-style-type: none"> Leading at home: say what you mean, do what you say Boundaries in the family system: grandma and grandpa 	<ul style="list-style-type: none"> Seeing your generational patterns Inner drivers, and what lets you ease up 	<ul style="list-style-type: none"> Understanding your own feelings, and changing them Self-worth and your relationship with yourself 	<ul style="list-style-type: none"> Conflict, fights and reconciliation (repair) Reading needs and negotiating them 	<ul style="list-style-type: none"> Sharing the load and the mental overload Being a couple, being parents 	<ul style="list-style-type: none"> Self-sacrifice, guilt and presence Sorting what you carry
WHAT IT COVERS	<ul style="list-style-type: none"> Parenting styles: why the relationship carries more than rules Punishments, consequences and getting children to listen Everyday life: grandparents, screen time, daycare and kindergarten 	<ul style="list-style-type: none"> How your pattern shows up day to day: stance before action Achievement pressure: how early children learn to prove themselves Stepping out of the roles you argue in Everyday life: food 	<ul style="list-style-type: none"> What your child can do at which age, a five-part series What keeps conflicts stuck, and how to get moving again Simple ways to calm yourself Everyday life: sleep 	<ul style="list-style-type: none"> Letting anger happen, holding the line: calm instead of explanations Addressing behaviour without shaming Fights, making up, repair Talking when things get tight Closeness, so children dare Tools: play time, observing instead of judging, turning problems into skills Everyday life: siblings, the supermarket 	<ul style="list-style-type: none"> The invisible list in your head: fair does not mean equal Noticing what the other one needs Staying a couple when parenting eats everything 	<ul style="list-style-type: none"> Parental responsibility when nobody is watching Affection not tied to achievement Trust in the world Getting support instead of going it alone
VIDEO TIME	2 hrs coaching + up to 60 min lessons	2 hrs coaching + up to 30 min lessons	2 hrs coaching + up to 55 min lessons	2 hrs coaching + up to 85 min lessons	2 hrs coaching + up to 30 min lessons	2 hrs coaching + up to 30 min lessons

How this becomes your week: the two coachings of an hour each, the video lessons (short videos; the video-time row gives each week's upper limit), plus putting it to work at home, talking it through as a couple, and the weekly check-in with your Accountability Buddy. Four to six hours per person in total, spread across the week however suits you. If a whole week falls through, you move it to the end and finish together one week later. **Cohort 01 starts in 7 March 2027, twelve places.** The [questionnaire](#) tells you in three minutes whether it fits you; price and deposit are [here at a glance](#).