



CoachingHer

Coaching for Empowerment and Success



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Coaching for Mothers

- Decision-Making Ability & Problem-Solving Competence

Objectives of the Workshop

- ✓ Collecting and analyzing information
- ✓ Recognizing and solving challenges in a structured and creative way
- ✓ Confident decision-making
- ✓ Using one's own strengths – stress management & self-criticism

What is Decision-Making Ability?

- The ability to make conscious and clear decisions
 - Taking responsibility for one's own choice
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What is Problem-Solving Competence?

- Ability to overcome challenges constructively
- Actively seek and try out solutions
- Don't be afraid to make mistakes

Why is it often difficult to make decisions?

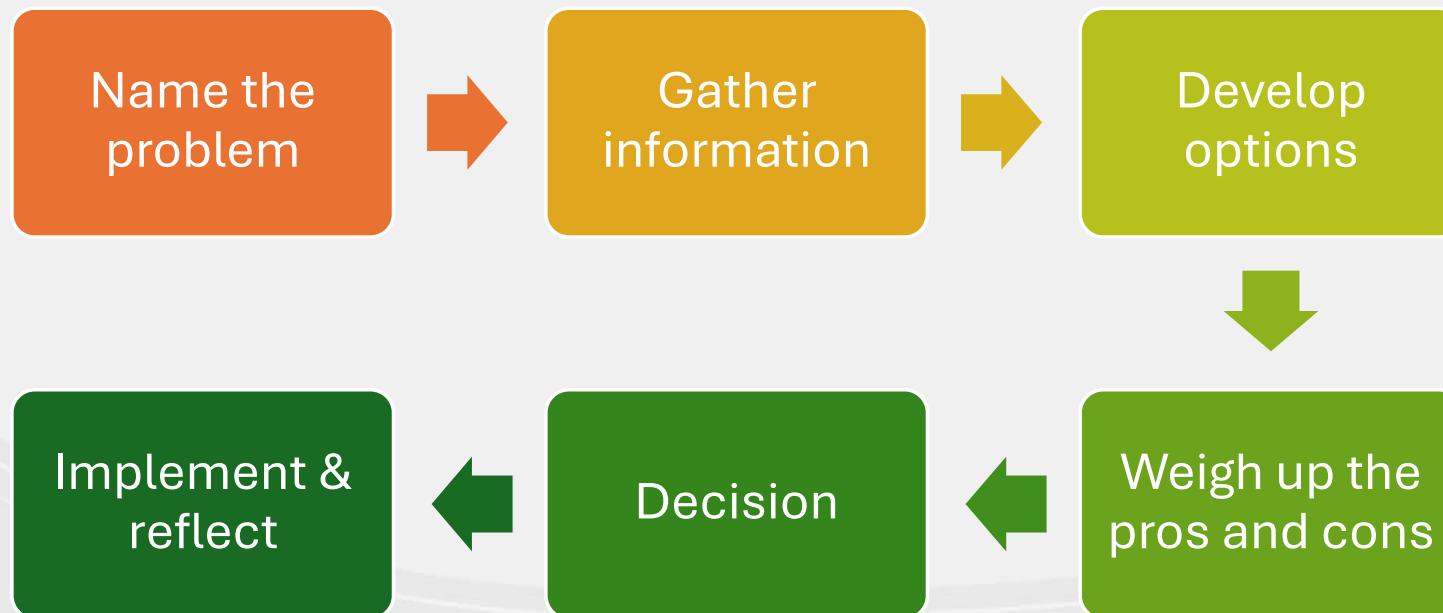
- Fear of making mistakes
- Too many or unclear options
- Expectations from outside
- Doubts about one's own assessment

"What decisions do you make with your child/family in everyday life?"

"What stresses you out in your daily routine when you have to make decisions?"

Basics of Decision-Making

- Analytical Thinking & Risk Assessment
- Determination & Responsibility



Basics of Problem-solving

- Analytical thinking
- Creativity and innovation
- Decision-making

Take a step-by-step approach

Think creatively

Exchange with others

Observe & regulate emotions

"How capable am I of decision-making?" – Analyzing a problem

- Worksheet
- What is my current problem?
- What have I already tried?
- Who or what could help me?

Role of Emotions & Intuition

- Perceiving feelings and taking them seriously
- Gut feeling = good advisor, but use it in a reflective way
- Decisions \neq impulsive, but mindful

Group exchange

Which decision was particularly important in your life?

What helps you in difficult situations?

Advise for everyday life

- Train small decisions
- Get help if needed
- Looking at problems from different perspectives
- Communication with family/child/partner
- Don't postpone decisions forever
- Learning from experience

Conclusion

- What do I take with me?
- What would I like to do differently in the future?

THANK YOU!