

PARENT FROM THE HEART
Communicate with Care...Listen with Love

Erika Stroh, MA
Parent Coach, Educational Consultant, Speaker
CEO and Founder, Parent From The Heart Inc. (Est. 2010)
BA in Elementary Education, MA in Developmental Psychology & Family Studies
Certified Program Instructor for 'Becoming Us, Transition to Parenthood'

In her role as a Parent Coach, Erika is available for private coaching sessions for moms, dads, couples and families. She offers ongoing support, strategies and solutions to guide expecting, new and seasoned parents as they are navigating their way through parenthood, at all ages and stages. Erika shares two decades of experience in the fields of education, family studies, child development, psychology, social work and personal growth, with clients using a gentle and holistic approach that incorporates the philosophy, principles and practices in conscious parenting.

Parent coaching sessions are custom designed for each client to meet their specific needs and challenges on an individualized basis. The intention is to cultivate a growth mindset and encourage the healthy development of family relationships. Skills and strategies learned include positive discipline, listening and communication, conflict resolution, emotional regulation, cooperation, setting clear expectations, balancing needs within a family and peaceful parenting, in partnership.

In her role as Educational Consultant, Erika is available for workshops and speaking engagements at schools (PTA), enrichment centers, wellness centers, libraries, organizations and workplace. Professional development workshops and school based programs for students (K-8).

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