



Susan, from North Virginia, was the winner of the "Free Parent Coaching [Contest](#)" with Natalee Ziebro from our [Why Just Survive](#) podcast. Susan won two months of free coaching! Vicky and Jen wanted to know the outcome so they interviewed Susan about her experience. Find out what she had to say . . .

1. Why did you enter the "Why Just Survive Contest" for a chance at winning free coaching sessions?

I think it was the very first contest I ever entered. I have long been curious about life coaching.

2. Describe your coaching experience for us.

Natalee and I e-mailed back and forth a bit. She asked me some questions. And I came up with a topic to discuss. Usually, I was supposed to come up with a topic each time we talked, but sometimes, the conversation just flowed and Natalee was wise enough to let it.

3. How did coaching benefit you the most?

Two things readily popped to mind. I found a new friend in Natalee. I loved talking with her and e-mailing with her. Natalee determined that I was a people pleaser. That shocked me. I realized (after she said it a number of times) that she was right! So I really had to examine why and how I was a people pleaser and make adjustments.

4. How has it affected your family?

Well, I'm less apt to jump through hoops to try to please them! LOL. But we're becoming more organized, in general.

5. Would you recommend coaching to other parents? Why or why not?

Absolutely. It was great being able to tell Natalee where I was struggling as a parent, wife or employee and have her toss out some ideas, suggestions. For example, I've been waffling on whether or not I should be working in this particular job, so many hours, etc. Natalee helped me to see I was holding onto this job for everyone else, and not really for me.

6. Can you share one goal that you set and accomplished during your coaching experience?

Getting our daughter through a difficult period. She was struggling with her mental game on the varsity sport she plays. Natalee really helped me keep the right perspective. Made suggestions on what to say to my daughter.

7. What is your best kept secret to focusing on what really matters each and every day?

Spending 15 minutes each night writing down my accomplishments of the day and goals for the next day and quiet time every morning.

8. Can you recall a really great piece of advice that Natalee offered you?

Natalee pointed out that this was really, in the grand scheme of things, the safest environment for my daughter to have this issue come up and deal with it. And we did deal with it and got through it. I would have been totally freaking out without Natalee's help.

9. Is there anything else you would like to add?

I started the first sessions with Natalee not knowing what to expect, but I kept an open mind. I would definitely do it again.

If you are interested in learning more about parent coaching, visit WhyJustSurvive.com.