

**ShaRon Rea**  
**Family Relationships Life Coach**  
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**480-420-9551**

Family Relationships! Some are easy and others, well, not so much.

ShaRon Rea is the Family Relationships Life Coach with an abundance of real life effective relationship skills for families to bridge the gap and find understanding between what's being said, what was heard and what was really meant!

ShaRon brings the diversity of her background to her work as an engaging workshop facilitator, inspiring public speaker, author and founder of The Whole Family Coaching. She is a compassionate woman with a strong business background that encompasses more than 30 years' experience in the fields of communication, education, childcare, and public service. She is a certified Life Coach and trained in the Arizona Attorney General's Mediation program. Her joy and purpose is to educate and inspire parents, children and adults to live together with love, respect and cooperation. ShaRon is an expert in solutions for families raising teens, co-parenting after divorce, single fathers and every family wanting to enhance their bonds and enjoy more peaceful communications.

ShaRon is also the founder of a global movement - ***No Judgment. Just Love.*** ® She designed and created the ***No Judgment. Just Love. Charm*** which is to be worn or displayed, motivating us all to see beyond our first impressions, move from negative to positive actions to treat ourselves and each other with respect and dignity.

ShaRon Rea exemplifies her global message of ***No Judgment. Just Love.*** in everything she does, inviting us all to experience the JOY of LIVING - without all the drama of life.

ShaRon Rea  
The Whole Family Coaching  
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## Sample Workshops

### **\* Let True Colors™ make your parenting life amazing!!**

**The True Colors™ Workshop** - *Communication is the key to every successful relationship! Discover how to communicate with TRUE COLORS™ - it is fun, easy to learn and immediately useful in your daily life. Gain a deeper understanding of the connection between your personality, how it influences your child's behavior and how willing they are to do what you ask of them. Join ShaRon Rea, Parenting Coach and Founder of The Whole Family Coaching, for this lively, interactive and eye opening workshop. (one 2 hour session for a total of 2 facilitated hours.)* **This workshop is also written and available for middle and high school students, teachers and any business administrative staff development.**

**\*The Survival Kit for Parents of Preteens and Teens** – *Don't wait until life with your teen is a battleground of anger, frustration and stress, where you want to hold your breath until it's over. Or worse... you give up. This 4 week series provides the tools parents need to keep the lines of communication open, help your teens succeed, have peace in your home and not just survive the teen years, but enjoy them too!* (4 session series - each week a 2 hour session is presented equaling a total of 8 facilitated hours for this workshop)

**\*One Family – Two Different Parenting Styles** – *Differences in parenting styles are natural. In this 2 hour workshop we explore how each parent thinks and communicates differently. We confirm and understand how both parents are important to their children in different ways. The result - making two different parenting styles work together in one family!* (One 2 hour session for a total 2 facilitated hours)

**\*The Whole Family - Healing After Divorce Workshop** – *Divorce Hurts. Hope is Here. Certified Life Coach ShaRon Rea, creates a safe and reassuring atmosphere for parents to find comfort and understanding, recognize their child's reaction to divorce and how to help them, create a workable relationship with their former spouse, identify their emotional triggers, and to learn communicate "making things better not bitter."*(Quoted from the Active Parent Cooperative Parenting & Divorce program) *This is a 2 session workshop. (2 session series - each week a 2 hour session is presented equaling a total of 4 facilitated hours for this workshop)*

**\* Courageous Conversations with Your Teens: What to know, what to avoid, and what to absolutely include!** *Parents, have we prepared our teens for high school relationships? It is important to have ongoing conversations about self-esteem, body image, your family's values and what's ahead for our sons and daughters as their hormones start (or continue) raging. How comfortable are you with these conversations? In this workshop, we discuss love and what healthy teenage relationships look like, teen dating, and risky behaviors. (One 2 hour session for a total of 2 facilitated hours for this workshop)*

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**The Whole Family Coaching**

**Parents~Teens~Family~Life**

**No Judgment. Just Love.®**

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