The Trusted Space

Parent Coaching Information Sheet

What is The Trusted Space?

The Trusted Space (TTS) is a coaching service for Muslim families who need sound, sincere and practical advice to raise resilient, responsible and confident children. With peer pressure and social media issues, and the rise of secularism, and materialism, indeed we're living in turbulent times. On top of it all, our children face the challenge of coping with multiple cultures - home culture, friends' group culture, school culture, home country culture, kiwi culture, and the list goes on. TTS offers you a safe space to voice your concerns and equip yourself with proven strategies to deal with modern day parenting issues effectively.

Who Am I?

I'm a mother of two gorgeous boys, and the founder of The Trusted Space. Over the years, I've developed a passion to support Muslim families on their parenting journey with the vision to strengthen our Ummah, one family at a time. I'm also an experienced Peer Workshop Facilitator with extensive training in the Mental Health including Strengths-based language, trauma informed practice, suicide prevention etc. I have a Certificate in Health & Wellbeing and I'm currently pursuing a Diploma in Family Wellness & Crisis Intervention.

Guess, that's enough of me but if you would like to learn more about me, please feel free to connect with me.

LinkedIn
linkedin.com/in/beenishpiracha

Email
hello@thetrustedspace.com

Why Parent Coaching?

Often as parents, we feel bombarded with constant change, unhelpful advice and responsibilities that only increase as children grow older. Sometimes, it helps to have a cheerleader and an accountability partner by your side to help you cross the roadblocks safely and positively.

Also, 1-1 coaching gives results because its completely customized based on your domestic situation, goals, aspirations and family needs.

Service Review

> I believe that sessions with you can be described as meetings with friends rather than as therapeutic meetings... They provide assistance in expressing oneself freely and without judgment, diversifying options in solving problems, helping in understanding feelings, and proposing tools and methods that help maintain health and well-being. ❤❤❤

Mum of 2 from New Zealand

Service Experience Story

I am a mum of three young kids. We recently moved to a different country, continents apart. This not only brought about physical challenges but also mental exhaustion. With the stark change in climate, and housing and losing my friends' circle all at once, it was too much to handle.

On top of it all, my husband got extremely busy in his new job. So, it all boiled down to me to start everything from scratch with three little minds who were struggling themselves to get accustomed to the big change.

This fatigue broke me down in a way that ultimately, I started feeling hopeless and was on the verge of taking anti-anxiety medication for some relief. Every day the kids came back from school agitated and cranky and I had no tools or energy to deal with them. Finally, Beenish came to my rescue and I started my journey with her.

She coached me on ways to take care of myself to enable me to help everyone around. She helped me understand that as the homemaker, a wife and a mother, I was the glue that kept everything together. She helped me prioritise myself and encouraged me to work on my joy list and that's when I started to feel the difference.

Back then, I was struggling to manage my kids' varying demands and their challenging behaviours. I still do but it feels more manageable now. Beenish helped me set goals for our sessions. For e.g. diffusing anger, minimizing damage, creating a culture of dialogue. I was also introduced to many tools and strategies on managing difficult conversations and challenging behaviours.

Beenish coached me to set healthy boundaries and to communicate them effectively. I learnt how to be assertive instead of being aggressive with my children. Through my coaching sessions, I also learned that sometimes it's important to let kids be kids.

I also learned great tools to help educate my kids about managing money and how to be responsible with it. Coaching sessions with Beenish not only helped me feel stronger, content and hopeful but I can also see many positive changes in my kids Alhumdolilah 😊

JazakAllah o khairun kaseerah ❤️

Mum of 3 from UAE

The Trusted Space

Process & Payments

How does it work?

1

Initial Friendly Chat

We begin with a relaxed, friendly conversation to understand your situation and goals.

2

Client Onboarding

If you feel I'm the right fit to support your parenting journey, I'll onboard you as a client.

3

Start Coaching Sessions

We begin working right away on practical parenting strategies tailored to your unique goals.

4

Flexible Session Format

Sessions are available online or in-person, based on your location and preference.

5

Weekly Sessions

Typically, we meet once a week (unless there's a crisis that requires more).

6

Check-In & Adjust

After a few months, we'll review your progress and decide if we can taper off to fewer sessions.

7

Empowerment Through Holistic Approach

Throughout the journey, you'll be supported with evidence-based parenting principles to create a healthy and functional family culture.

Payment details

$100 NZD
Initial Onboarding
(One off)

If you can't afford to pay this in full, I'm happy to offer a flat 25% discount or you can pay it in four easy instalments over a period of 6-8 weeks from the time of signing up to my coaching service. Just ask 😊

$35 NZD
Individual session
(Adult)

$25 NZD
Individual session
(Child under 18)

$50 NZD
Couple/duo session

$75 NZD
Family session

Please pay the one-off registration fee upfront when you sign up. Session fee must be paid within 24 hours of completing the session. Following is the bank account detail for online payments:

BEENISH PIRACHA -- 02-0800-0844412-001

A receipt will be sent to you after payment has been received.

Cancellation Policy

If for any reason, you're unable to attend the scheduled session, please inform me at least 48 hours prior to the session. No shows or late communication will result in a $20 NZD fee.