



Brrr! We hope everyone is staying safe and warm. It's time to gear up for a season of holidays, family, and events. We wish all the best to you and your families. We have so much to share with you and so many plans for the upcoming year!

<https://flcassociation.org>

## News from the FLCA Chair

As the holiday season rolls in, I'm once again reminded of how quickly time flies and just how fortunate I am. I am thankful for friends and family, a job I love, and for the friendships and professional development that I have experienced through the Family Life Coaching Association. I'm not sure if you know this, but our board of directors works tirelessly volunteering their time and effort to grow this organization. What is even more important is that every last one of them has a huge heart for children and families. Their heart is the core of FLCA, and I have been the recipient of an amazing fortune to work with this group of leaders.

To top it off, their hard work has paid off tremendously! In just one short year of being an official nonprofit (well...almost official as we are still waiting for the final paperwork),

- we are up to 60 paid memberships,
- have completed a world-class conference, and
- we now have a full docket of amazing leaders on our board

If we thought 2018 was a good year, I can only imagine how amazing 2019 will be. The conference committee has secured our next conference location (come see me in Raleigh!), and it looks like we are going to have a lineup of AMAZING speakers. Perhaps most excitingly, the standards committee will be launching our first ever Family Life Coaching Credential. As the interest in coaching across the world continues to grow, so does the importance of a credential to let families know we are highly qualified to offer evidence-based approaches to change.

I will end with a giant thank you. Thank you to the 2018 board of directors, to the volunteers on the various committees, to the volunteers at our conference, and to every member of FLCA. May you all have as great a fortune as I have experienced this year as you enter into a new year.

Kim Allen

December, 2018  
Volume 3, Issue 3

## Inside this issue:

|                        |     |
|------------------------|-----|
| FLCA Chair Updates     | 1   |
| Committee Info         | 2,3 |
| Conference Information | 3   |
| New Board!             | 4   |
| Mission & Vision       | 4   |



## Events Planning Committee

As this year comes to an end, it's always fun to look back and see what all we've accomplished. We've listened to topics about challenging behavior, starting a niche in your coaching business, and more! For our final webinar this year we heard from Dathan Rush & M'Lisa Sheldon, authors of *The Early Childhood Coaching Book*. They talked about a unique approach to parent coaching. If you are a member and have had to miss any webinars, don't forget you can access them on our website. We are excited for more great webinars to take place in 2019, so stay tuned! Contact Christi Howard, [choward1211@gmail.com](mailto:choward1211@gmail.com) if you would like to join the committee or hear more.

## Membership Committee



The 2019 FLCA Membership Committee welcomes new co-chair Diane Pennington. Tina Feigal will stay on as Diane's co-chair. We are pleased to report that we currently have 57 paid members, 32 professionals and 25 students. If you'd like to join them, please visit [www.flcassociation.org/membership](http://www.flcassociation.org/membership). We look forward to our members coming together to meet, teach, learn, and enjoy at the Annual FLCA conference being held once again in Raleigh, NC.

## Networking Committee

Greetings from the Networking Committee! Currently, we are focused on implementing improvements and updates to the website. As with improving our website, we are working diligently to provide members with resources and content centered on family science and coaching through our social media accounts. Our goal is to create a network of resources and like-minded professionals whose focus is to serve and provide support to others. In addition, we are gearing up to work with the Conference Committee to start advertising for the 2nd Annual FLCA Conference in 2019. Be on the lookout for announcements and information over the coming months. Feel free to engage with FLCA by visiting our website and social media platforms (Facebook, Instagram, Twitter, and LinkedIn). Make sure to follow our social media and visit our website for the most up to date information. Thank you for your continued support! Contact Bria Sledge ([bssledge@ncsu.edu](mailto:bssledge@ncsu.edu)) or Todd DuPell ([toddalan777@aol.com](mailto:toddalan777@aol.com)) and join us!

## Conference Committee

Mark your calendars now for June 13-14, 2019 at the Friday Institute in Raleigh! Website updates with all needed info should be available shortly after the first of the year. The 2019 conference will have the option of 2 full days, with pre-conference options on ethics and skill-building on Thursday, June 13. Please see info on next page regarding our exciting keynote speakers! There are no price increases for the 2019 conference, although the pre-conference options will be an additional nominal fee. The Call for Proposals has gone out & can be found on our website. Contact Margaret ([mmachara@tnstate.edu](mailto:mmachara@tnstate.edu)) if you need more info. Regardless of whether you joined us last year or not, we hope to see ALL of you in June! It's a great way to network, meet FLCA members, have input into the organization, and come away with lots of info on what's happening in the field of family life coaching – see you in Raleigh! Questions? Contact Debbie at [dskf@mygsc.com](mailto:dskf@mygsc.com) or Bria at [bssledge@ncsu.edu](mailto:bssledge@ncsu.edu).

## Standards Committee



Thank you to everyone who has shown such interest in the creation of the Family Life Coaching credential. We are working hard towards a roll out. We are just making sure all the logistics are completely in place. Look for upcoming opportunities for a limited “test” phase. If you would like to be a part of this important committee we would be happy to have you join us, please contact Margaret Machara ([mmachara@tnstate.edu](mailto:mmachara@tnstate.edu)).

## Student Committee

The Student Committee is excited to welcome new co-chairs Brandee Oliveira and Melissa James. Our committee plans to continue to find ways to engage the student population in our mission and vision as well as the inner-workings of FLCA. Contact Brandee Oliveira (bandee.oliveira@yahoo.com) or Melissa James (melissathebrave1@gmail.com) to join our committee.



## Structure/Sustainability Committee

Structure & Sustainability had a busy year that is ending on a wonderful note – we are so excited to welcome so many new members to leadership positions! New board members joined our monthly board meeting call in November and will begin their term with January's board meeting. We are thrilled with the level of knowledge and enthusiasm from all who have been voted to represent you! Please make sure to check out new board member info in this newsletter. A few other updates:

- If you would like to be on a committee but have not yet stepped forward, please connect with either Debbie Farr, [dskf@mygsc.com](mailto:dskf@mygsc.com) or Amber Harkey, our new Vice Chair, [amberpharkey@gmail.com](mailto:amberpharkey@gmail.com).
- All committee members will be receiving a form that will need to be completed. This will help you understand the responsibilities of being a committee member.
- A strategic plan has been approved by the full board. This will enable us to be mindful of our short term and long term goals, ensuring FLCA remains current, robust, and sustainable for years to come!
- Grants continue to be a topic of discussion. If you know of grants we could apply for, please let Debbie know!

### MARK YOUR CALENDARS

## Family Life Coaching Association 2019 Conference Taking Care of Business: The Profession of Family Life Coaching June 13th & 14th, 2019 Friday Institute in Raleigh, NC



Dathan Rush  
NC Department of HHS



Sarah Sexton  
FIPP



Nancy Doyle  
Genius Within

For Conference Information contact Debbie Farr ([dskf@mygsc.com](mailto:dskf@mygsc.com)) or Bria Sledge ([bssledge@ncsu.edu](mailto:bssledge@ncsu.edu)). Contact Margaret Machara ([mmachara@tnstate.edu](mailto:mmachara@tnstate.edu)) if you are interested in proposing or reviewing proposals.



On the 12<sup>th</sup> day of the holidays, my true love gave to me

- 12 childhood memories
- 11 high fives
- 10 minutes of backrubs
- 9 minutes of active listening
- 8 pieces to their love map
- 7 chores completed
- 6 family board games
- Five comp-li-ments!
- 4 honest apologies
- 3 family meals
- 2 walks hand-in-hand
- **And a session with a family life coach!**

MM/DF



WHAT'S ON YOUR WISH LIST?



## PRESENTING the 2019 board!:

Kim Allen – FLCA Chair  
 Amber Harkey–Vice Chair  
 Margaret Machara – Secretary, Standards Chair  
 Lisa Krause – Treasurer  
 Debbie Farr – S/S Chair, Conference Co-Chair  
 Brandee Oliviera – Student Committee Co-Chair  
 Melissa James – Student Committee Co-Chair  
 Tina Feigal – Membership Co-Chair  
 Danielle Pennington – Membership Co-Chair  
 Christi Howard–Events Planning Chair  
 Todd DuPell–Networking Co-Chair  
 Bria Sledge–Networking Co-Chair, Conference Co-Chair  
 LuzDalia Sanchez –Board Member at Large  
 Sterling Wall–Board Member at Large

### 2019 EXECUTIVE BOARD

|                      |                                       |
|----------------------|---------------------------------------|
| Chair                | Kim Allen, kimberly_allen@ncsu.edu    |
| Vice Chair           | Amber Harkey, amberpharkey@gmail.com  |
| Secretary            | Margaret Machara mmachara@tnstate.edu |
| Treasurer            | Lisa Krause, lisa.m.krause@gmail.com  |
| Exec Member at Large | Debbie Farr, dskf@mygsc.com           |



### Vision

Our vision is to elevate and lend credibility to the practice of family life coaching by serving as the collaborative center for the field.

### Mission

Our mission is to create research-based, globally recognized credentials, training standards, and networking opportunities for family life coaches.

### Values

Professionalism  
 Valuing coaching as a service to families (legitimacy of the field)  
 Acceptance of diverse families  
 Collaboration with & inclusivity of professional fields involved in family life coaching  
 Awareness of evolving practices  
 All families are supported  
 All families should have access to competent family life coaches  
 Family life coaches are seen as a viable service to families  
 Respect

**Join our progress!**

