

Services

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Individual Coaching

Family Group Coaching

Family Recovery Course Facilitating

Family Recovery Course Online

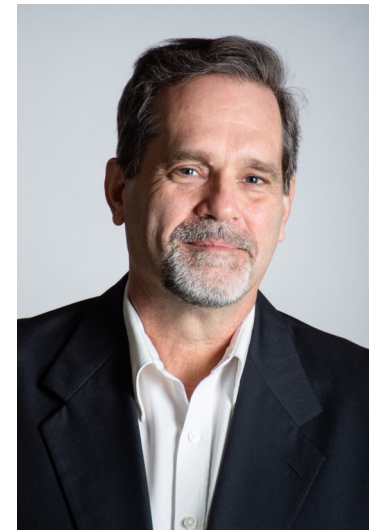
Keynote speaker on family and re-covery issues in the community and workplace.



Family and Adolescent Life Coach

Building Better Families

STEVE MAKOFKA



FAMILY DYNAMICS LLC

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“You can change your family tree in one branch.”

What is Family Life Coaching?

Family Life Coaching is a combination of Family Life Education and Coaching Psychology. A Family Life Coach works with an individual, couple, parents, youth, or a family to address family-life issues through the coaching process.

What is the coaching process?

The PRACTICE model of coaching involves:

Problem Identification

Realistic Goals

Alternative Solutions

Consideration of consequences

Target Solutions

Implementation of

Chosen Solutions

Evaluation



How is coaching different from therapy?

Coaching deals mostly with a person's present situation and seeks to guide them into a more desirable future.

Coaching helps you identify the challenges, then works with you to turn challenges into victories, and holds you accountable to reach your desired goals

Specialties

- Adolescent mental health and recovery in family context
- Multi-generational family relationships
- Recovery support family relationships
- Family building skills for those in recovery

Payment Information

Family Dynamics LLC does not accept insurance billing. Cash payments can be made via credit card, PayPal and Venmo. Sliding scale rates are available upon request.



Biography

Steve Makofka has been working with families and adolescents for over 30 years.

He is a Certified Family Life Educator with the National Council on Family Relations and a member of the Family Life Coaching Association (FLCA). Steve has a BS in Education and a Master of Divinity degree.

Before becoming a Family Life coach, Steve was a pastor of youth and family ministries. He has also worked the last seven years teaching as a psychoeducation group leader on a mental health inpatient unit..

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