



CONDITIONED.

BEHAVIOUR & PERFORMANCE COACHING

CREATING REGULATED, HAPPY & CALM HOUSEHOLDS WHERE EVERYONE **THRIVES**.

Practical, trauma-informed coaching for parents and children to build the tools, knowledge and confidence to navigate life's challenges together.

My goal isn't to keep your family in coaching forever — it's to help you build the confidence to thrive long after our work together ends.

WHAT FAMILIES OFTEN COME TO ME FOR

- “My child melts down over small things.”
- “I feel like I'm constantly walking on eggshells.”
- “We're stuck in the same arguments every day.”
- “My child is anxious and overwhelmed.”
- “I'm exhausted and don't know what else to try.”
- “I want strategies that actually work in real life.”

MY GOAL: BUILD SKILLS, NOT DEPENDENCE

You will leave coaching with the tools and confidence to:

- ✓ Respond rather than react
- ✓ Support your child through big emotions
- ✓ Manage challenging behaviours with confidence
- ✓ Look after your own wellbeing
- ✓ Create a home where everyone feels safe and connected

HOW I CAN HELP

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A calmer parent creates a calmer environment — support for the whole family.



PARENT COACHING

- Understanding behaviour and what it's communicating
- Managing challenging moments
- Improving communication
- Reducing power struggles
- Building confidence as a parent
- Supporting overwhelmed children



AN ENVIRONMENT FOR SUCCESS

- Proactive strategies over reactive responses
- Routines and structure
- Reducing triggers where possible
- Supporting transitions
- Building safety and predictability



EMOTIONAL REGULATION TOOLS

- Breathing strategies
- Grounding techniques
- Nervous system regulation
- Recognising early signs of overwhelm
- Tools for both children and parents



SUPPORTING BURNT-OUT PARENTS

- Understanding your own nervous system
- Recognising the signs of burnout
- Managing stress and emotional overload
- Learning to regulate before responding
- Creating space for your own wellbeing

THE CONDITIONED APPROACH

UNDERSTAND — Learn what behaviour is communicating.

REGULATE — Build practical emotional regulation skills.

CONNECT — Strengthen the parent-child relationship.

GROW — Create change that lasts beyond coaching.

WHAT MAKES CONDITIONED DIFFERENT

- ✓ Trauma-informed approach
- ✓ Strengths-based and non-judgemental
- ✓ Practical tools you can use immediately
- ✓ Focus on the whole family, not just behaviour
- ✓ Blends psychology, behaviour support & real-life parenting

LET'S WORK TOGETHER

Ready to create a calmer, more connected and empowered family? I'm here to help.

Reach out for a free 15 min "Let's Chat" call

Instagram @conditioned._

Email mardilouise99@gmail.com

Available via video call & in person (Location depending)