



THE LIFESTAGE LAB

**PRIVATE PARENT
SERVICES :**

1-1 SUPPORT

No nonsense, tips, tools & strategy to help
parents fuel kids' social, emotional and
behavioural development like a pro!

Sara Williams - Founder



**BSc Psychology
PGCE Psychology
PGDip Play & Creative
Arts Therapy**

Sara, recognised as an "outstanding" Educator & Therapist, seamlessly merges Teaching insight with Psychological expertise to create unique coaching experiences rooted in an unwavering dedication to propelling the development & wellbeing of kids, young people and the parents and teachers that raise and support them.

Whether you're gearing up for parenting through the sleep-deprived haze of the infant stage, navigating the wild ride that is the toddler tantrum stage or trudging through the emotional whirlwind of the teenage stage; The Life Stage Lab has your back ; helping you to knit Psychological Theory into the very fabric of your parenting journey; tackling those challenges & fueling your kid's development like a pro.

From signature on-demand video courses, downloadable resources to immersive live masterclasses, workshops, and exclusive 1-1 support, there truly is something for everyone.

So, if you're up for a journey brimming with fresh transformative perspectives, warm brummie accented non-judgmental acceptance and fluff-free strategy & expertise (sprinkled with a hefty dose of humour and a dash of colourful language!) come on into the lab!

1-1 SUPPORT

At The LifeStage Lab, we know that every family's journey is different, especially when it comes to parenting through the challenges each life stage presents. With only a limited number of 1-1 slots available, as a 1-1 client, you will receive exclusive access to expert insight up close and personal, tailored entirely to your family's specific challenges, needs, and goals.

Our 1-1 services are for the change-makers, the system shakers, the cycle breakers. They're for the parents who are done with the spin cycle of short-lived fixes, for the parents who are fired up and ready to create real, sustained, life-altering impact and change.

SOME OF THE MOST COMMON THINGS PARENTS ASK FOR SUPPORT WITH ARE :

My kids are constantly at odds. How can I referee less and foster more harmony?

I am expecting a baby. I'm so excited but I had a turbulent childhood and I'm terrified I'll mess the kid up...

i am going through divorce.
How can I best support my kids ?

I'm about to have another baby, how can I prepare my first born for having a sibling?

We have had a loss in the family,
how can I best support my kid?

My preteen has started asking me difficult questions, I think it is time for 'THE TALK', but I have no idea where to start!

1-1 SUPPORT :

TRANSFORMATION PACKAGES

Parenting to fuel true, effective, lifelong change and development in kids is a process rooted in understanding, patience, and self-reflection, all of which require consistency, time, and grace. Our Transformation Packages are your steadfast allies in that journey, available for as long as you need, guiding you every step of the way.

With duration ranging from 3 to 12 months, each premium package includes monthly video calls and exclusive access to voice note coaching (VNC) between those calls, creating a fully comprehensive journey with continuous support dedicated to nurturing your transformation.

The Diamond Package

12 Month Plan
x2 75 min calls per month
12 Months exclusive VNC

3750aed
Per Month

The Platinum Package

6 Month Plan
x2 75 min calls per month
6 Months exclusive VNC

4150aed
Per Month

The Gold Package

3 Month Plan
x2 75 min calls per month
3 Months exclusive VNC

4600aed
Per Month

CLIENT TESTIMONIALS

**It's just about having
the right coach and Sara
is THAT COACH !**

**Sara speaks with such
authority passion and
with a completely non-
judgmental and
positive style. She is
the embodiment of
kindness and i am
grateful for her
wisdom**

**Thank you, Sara ! You have
completely changed my
entire perspective on
toddler parenting. I'm no
longer afraid of tantrums
and instead see them as a
totally normal part of my
daughter's emotional
development !**

**I literally have Sara
saved in my phone as
'my sanity'! ... she brings
me back down to earth
when I need it most !**

READY TO TAKE THE NEXT STEP ?!

**DROP ME A MESSAGE &
LET'S GET THINGS MOVING !**

Private 1-1
Coaching

PDF Downloads
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Workshops

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