

Business Connection



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Business Spotlight

Siah Fried Parenting Coach

Attention Parents

Is your child struggling with their mental health, body image or always worried? Are you up at night worrying if your child will be okay? Don't be afraid of a mental health diagnosis or stress. Be confident. You can manage it. I can help.

Whether your child's struggle is with disordered eating, body image, or mental health struggles, my job is to support you as you support your child through these challenges. I've created a program based on the following 3 pillars: Family. Fit. Flow. We will use these 3 pillars as we apply the research-based steps to help you find relief and peace through positive coping skills and healthy lifestyle habits. You and your child will make it through this challenging time, and you will be healthier and stronger because of this experience.



Siah Fried

About Siah Fried

My career spans over 30 years in the public health field. I am a Nationally Board Certified (NBHWC) Health and Wellness coach, with a master's degree in public health. My experience includes 10 years as a clinical health educator, 17 years as a health, nutrition, and women's health professor, and 4 years as a high school health teacher.

My career spans over 30 years in the public health field. There are two ways you can work with me:

Health & Wellness Coaching

I am a Nationally Board Certified (NBHWC) Health and Wellness coach, with a master's degree in public health. My experience

BASED UPON THREE PILLARS

FAMILY **FIT** **FLOW**

includes 17 years as a nutrition and women's health professor. As your health and wellness coach, I support you as you connect the dots between your health goals or doctor's recommendations and the steps needed to achieve sustainable results.

Parent Coaching

I am a Certified Parent Coach through the Jai Institute of

Parenting. My experience as a parent coach includes the work I have done for 18 years and continue to do as a parent health educator for the local school district. As your parent coach, I will support you as you support your child through an eating disorder or other mental health challenge.

SIAHFRIEDCOACH
siahfriedcoach.com