



Dr. Merle Schwartz is the creator of Family By Design™. She has worked with educators, parents, and schools nationally and in Canada, helping them craft effective social-emotional and character development initiatives. She is a Nationally Certified School Psychologist and is a published author in the field of character development. Dr. Schwartz specializes in adult and organizational learning.

To reserve Dr. Schwartz for a speaking engagement or coaching session(s), email her at Merle@FamilyByDesign.org or call 202 285-2162.

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Family
BY DESIGN™



Setting a course for building an emotionally competent, socially intelligent, and ethically fit family.

Family coaching and workshops for parents (and parents-to-be) seeking to create a vision for their family and a plan for how to get there.



What is Family By Design™?

Family By Design™ is a process to help parents and those planning to be parents set a course for building an emotionally competent, socially intelligent, and ethically fit family.

Emotionally Competent

- Having the skills to be aware of your emotions and the ability to manage your emotions successfully.

Socially Intelligent

- Having the skills to understand how others are feeling and thinking by “listening” to their non-verbal communication, tone of voice and choice of words.
- Knowing how to build and maintain positive relationships within the family and how to present one’s self well in social situations in the larger community.

Ethically Fit

- Using the skills of emotional competence and social intelligence to “do the right thing”—making wise decisions based on core ethical values, even under stressful situations, to strive for the greater good.

The Family By Design™ coaching process helps parents learn the skills necessary for constructing and maintaining a family culture that enhances all members’ social, emotional, and character development.

The Family By Design™ coaching process helps parents design an approach to meet the challenges of real life while striving to make the family vision a reality.

Coaching can be conducted in person, depending on location, by video-conference, or over the phone.

A Gift for Young and Growing Families

Family By Design™ is a gift that young and growing families give to themselves. Friends and relatives may also give this gift to parents (baby showers, anniversaries) in the early years of family formation or at milestone times in a family’s development. Options include:

- An initial 90 minute session with Family Coach Founder Dr. Merle Schwartz to begin the process of examining shared core values and dreams.
- An initial 90 minute session and a series of four additional sessions spread over a year, enabling parents to create their plan and agreements for working together, identifying missing skills and learning ways to implement their plan.
- On-going family coaching.
- An introductory workshop for groups of parents that introduces parents to key *Family By Design™* components.
- Dr. Merle Schwartz presenting or keynoting at family-friendly organizational meetings.

