

1. Are you researching ways to help your children thrive?
 - a. Yes
 - b. No
2. What is your biggest worry at the present?
 - a. Work
 - b. My children
 - c. My relationship

When user select second option ‘my Work’

3. Do you often feel overwhelmed trying to balance parenting with your other responsibilities?
 - a. Yes
 - b. No (<https://parentpulsecoaching.janeapp.com/#/help-me-find-a-coach>)
4. Do you struggle with balancing your work and home responsibilities?
 - a. Yes
 - b. No (<https://parentpulsecoaching.janeapp.com/#/help-me-find-a-coach>)
5. What is the biggest source of stress in your work-life balance?
 - a. Maintaining personal well-being while balancing work & family life
 - b. Advancing my career while staying present for my child
 - c. Providing nutritious meals for my family despite a busy schedule
 - d. Coping with stress and parenting demands through mindfulness

When user select second option ‘Maintaining personal well-being while balancing work & family life’

6. what you think is more difficult to manage?
 - a. personal well-being
 - b. work and family responsibilities

When user select second option ‘personal well-being’

7. What aspect of personal well-being do you struggle with the most?
 - a. Physical health (<https://parentpulsecoaching.janeapp.com/#/dietetics>)
 - b. Emotional well-being (<https://parentpulsecoaching.janeapp.com/#/mindfulness-coaching-for-parents>)
 - c. Time for self-care (<https://parentpulsecoaching.janeapp.com/#/parent-pulse-coach>)
 - d. Mental overload (<https://parentpulsecoaching.janeapp.com/#/help-me-find-a-coach>)

When user select second option ‘work and family responsibilities’

8. What aspect of work and family balance is most challenging for you?
 - a. Keeping up with household and parenting duties while managing work. (<https://parentpulsecoaching.janeapp.com/#/parent-pulse-coach>)

- b. Feeling guilty about not spending enough quality time with my children.
(<https://parentpulsecoaching.janeapp.com/#/parent-pulse-coach>)
 - c. Struggling with work-related stress that impacts my home life.
(<https://parentpulsecoaching.janeapp.com/#/mindfulness-coaching-for-parents>)
 - d. Managing time effectively between work, family, and personal needs.
(<https://parentpulsecoaching.janeapp.com/#/help-me-find-a-coach>)
9. What is the biggest source of stress in your work-life balance?
- a. Maintaining personal well-being while balancing work & family life
 - b. **Advancing my career while staying present for my child**
(<https://parentpulsecoaching.janeapp.com/#/help-me-find-a-coach>)
 - c. Providing nutritious meals for my family despite a busy schedule
 - d. Coping with stress and parenting demands through mindfulness
10. What is the biggest source of stress in your work-life balance?
- a. Maintaining personal well-being while balancing work & family life
 - b. Advancing my career while staying present for my child
 - c. **Providing nutritious meals for my family despite a busy schedule**
(<https://parentpulsecoaching.janeapp.com/#/dietetics>)
 - d. Coping with stress and parenting demands through mindfulness
11. What is the biggest source of stress in your work-life balance?
- a. Maintaining personal well-being while balancing work & family life
 - b. Advancing my career while staying present for my child
 - c. Providing nutritious meals for my family despite a busy schedule
 - d. **Coping with stress and parenting demands through mindfulness**

Note: When user selects '**Coping with stress and parenting demands through mindfulness** (<https://parentpulsecoaching.janeapp.com/#/mindfulness-coaching-for-parents>)' this link will go with every option user selects. And if you prefer to not to add the following questions and we can simply just use link for the option D.

12. How does stress impact your daily parenting experience?
- a. I often feel overwhelmed and emotionally drained.
 - b. I struggle with staying patient and calm with my child.
 - c. I find it hard to be present and enjoy time with my family.
 - d. I have trouble sleeping or relaxing due to constant stress.

When user selects '**overwhelmed and emotionally drained**'.

13. Do you feel like you have time for self-care?
- a. Yes, but I don't know where to start.

- b. No, I can't find time for myself.

When user selects 'I struggle with staying patient and calm with my child.'

14. *What triggers your stress the most?*

- a. My child's behavior and emotional reactions.
- b. The demands of work and home responsibilities.

When user selects 'I find it hard to be present and enjoy time with my family.'

15. What do you think prevents you from being fully engaged?

- a. Constant worries and distractions.
- b. Feeling exhausted and burned out.

When user selects 'I have trouble sleeping or relaxing due to constant stress.'

16. Have you tried any relaxation techniques?

- a. Yes, but they don't seem to work.
- b. No, I don't know what to try