

LIFE COACHING FOR YOUR CHILDREN - Have you considered it?

Instead of the current trend of 'putting-out-fires' when it comes to child/teenager mental health, why not give them the self-awareness skills, knowledge and wherewithal, so they can manage themselves?



I Coach children from Year 4 upwards, in a wide range of topics.

SOME TOPICS THAT ARE OFTEN EXPLORED DURING COACHING:

- Who am I and what are my strengths and challenges?
- What 'type' of person am I? (celebrating uniqueness and difference).
- Building confidence and self-esteem/self-compassion (liking myself more).
- Relationships and friendships – getting on better.
- Having confident and reciprocal conversations.
- Being more assertive.
- Setting boundaries.
- Managing my anger.
- Managing anxiety.
- Managing overwhelm.
- Managing how I feel.
- Learning to relax.
- Patterns of behaviour that work/don't work for me.
- Concentrating and focussing better. Managing my attention.
- Memory and spelling methods.
- Interview techniques for my next school.
- Managing my exam 'state'.
- Becoming a teenager.
- Thinking about Career options.
- Taking control of my life and making good personal choices.
- Goal setting – what do I want and how am I going to get there?



I use a range of models and methods, from standard Coaching to NLP to TFT and Clean Language – all of which work very well with young people. I am an ex-teacher/Director of Sport, a sports specialist and have Coached in local schools.

For more information about me, youth coaching or school services please visit

www.towermindset.co.uk, or contact me on Mobile: 07779 209152.

