



YOUTH COACHING FOR YOUR CHILD

WHAT MIGHT YOU EXPECT?

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AFTER THE FIRST SESSION...

IF YOU WISH TO CONTINUE...

SO YOU WANT TO CONTINUE?..... SOME MORE INFORMATION....

SOME TOPICS THAT ARE OFTEN EXPLORED DURING COACHING....

STYLE OF COACHING...

THINGS TO BE AWARE OF DURING THE COACHING PERIOD...

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GETTING 'BUY-IN' FROM YOUR CHILD

It is helpful to explain WHY you want your child to work with a life coach!

I work in an environment of openness and transparency. I often ask the child why they think they are here.

Here are some ideas to 'sell' the process to your child. The intention is for Coaching to be seen as up-beat, positive, normal.

"A good sports person has a sport coach and learns about their sport. A musician has a music coach and learns about their instrument. Business men and good leaders have a business coach to get better at what they do. Parents go to a parent coach.....a youth coach works with young people to help them manage life – because life can be complicated and confusing for all of us!"

Anyone working with a coach learns about themselves. A coach is like your own personal cheerleader and guide who focuses just on you! You can talk to them about stuff you don't want to tell others (because they have to be confidential), and find ways together to solve anything you are struggling with.

They don't TELL you to do anything. You decide. They are not teachers or counsellors. They don't tell you off. They are not interested in stuff that has gone wrong – they want to help you work out what you are going to do in the future. They want to support you. The sort of people who use life coaches are those that want to get-ahead, and be happy and confident in life.

This first session is so you can see if you would like to do more and if you think it would help with (X, Y, Z) e.g. your confidence, your concentration, feeling happier...etc etc etc."

(if your child is 'sporty' this might be a useful in-road as I work with a lot of athletes and sportspeople).



FREE OF CHARGE 30 MINUTE 'GETTING TO KNOW' OR 'DISCOVERY' SESSION

Please drop your child off and come into the house and see where we will be working.

You are entrusting your child to me for 30 minutes and it is important that you both feel safe.

At this stage, do you (parent) have any questions?

Please confirm pick-up time/method. I would expect the same parent to pick up.

Places to wait/visit: a local pub (The Dunnings Mill) and town are both closeby, or it is ok to wait in your car.



IMPORTANT ELEMENTS OF THIS FIRST SESSION (Coach and Coachee):

Getting to know each other – can we get on? (**building trust and rapport** with your child).

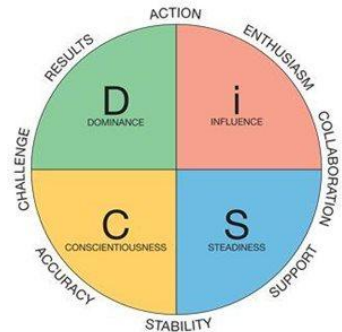
Is this the right process for you right now or is there something else needed? (this will be discussed with the parent after the session).

Who I am and what I do (coach) – what is life coaching about (NOT counselling), what we might do together, what topic we might discuss?

Confidentiality – I don't discuss specific content with your parents. I might support them to support you but I do not tell them the details of what we talk about.

YOU (coachee) – **your strengths**, what occupies your thinking, what you would like to change about life if you could? What makes your heart sing?!

Do a simple **DISC personality profile**.



AFTER THE FIRST SESSION

Please take time to **discuss the session with your child**. Ask them 'open questions':

"What did you enjoy? How was that useful? How do you feel about the experience...and would you want to repeat it?"

Please have a further discussion with me as to the next steps – I will want to ask you some background questions if you choose to continue.

Please take some time to consider:

- Is this process going to work for you/your child?
- How much of the 'issue' belongs to you – do you need to work on some of your 'own stuff' in order to support your child?
- Do you have enough information from me?
- How do you intend to support your child during the period of coaching?
- If, during the process, I decide that Life Coaching is not the right intervention (I work at Steps 1 & 2 NICE), are you prepared to support your child with different interventions?

WHAT NEXT?

IF YOU WISH TO CONTINUE:

Please read and sign the contract documentation.

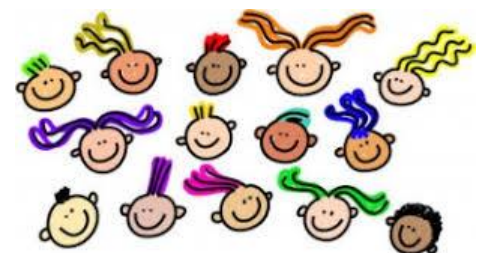
Please contact me so that I can ask you some background questions.

Please complete the 'Strengths and Difficulties Questionnaire' if I have asked you to do so.

Please make sure your child has a (private) wallet and notebook to store all relevant coaching paperwork.

Please pay the relevant fees, in advance of your first session.

Please book sessions and diarise them.



SO YOU WANT TO CONTINUE?..... SOME MORE INFORMATION:

SOME TOPICS THAT ARE OFTEN EXPLORED DURING COACHING:

Who am I and what are my strengths and challenges? What 'type' of person am I? Building confidence and self-esteem (liking myself more). Relationships and friendships – getting on better. Being more assertive. Managing my anger. Managing how I feel. Patterns of behaviour that work/don't work for me. Concentrating and focussing better. Memory and spelling methods. Becoming a teenager. Managing overwhelm. Learning to relax. Taking control of my life and making good personal choices. Goal setting – what do I want and how am I going to get there?



STYLE OF COACHING

I always include some sort of '**learning**' in my sessions.

Most sessions are '**practical**' – we move around, do games and approach stuff from different perspectives. Most sessions end with a '**goal**' – one thing that they might 'action' between now and when I see them next. This will then be the starting point for discussion at the next session.

THINGS TO BE AWARE OF DURING THE COACHING PERIOD

Make a note of any changes you observe in your child. Notice thoughts, feelings/emotions, and behaviours. Notice their body language, and anything they seem to be doing differently. Reinforce positives, using 'I' statements and 'notice' statements:

"I notice that you seem to be pausing and thinking more – you seem calmer and I think that works better for you....what do you think?"



How effective is the coaching? My work focuses mainly on strengths and how to use them – which should be a pick-me-up. However, this doesn't mean your child will always leave sessions singing-and-dancing. So has the session been productive? 'Change' (in thinking, feeling, doing) needs time to be processed. They may be thinking and working stuff out. Let them. If they have been 'stewing' on a problem, or behaving a particular way for years, there is no 'magic-wand' for instant success.



Do not quiz your child on the session. If they want to talk to you about it, ask them general questions like "how was that for you?...what do you think you might work on?....is there any way I can support you?....what would you like to do now?....." etc

I do encourage a student to 'share' stuff with you! But it is up to them whether they do or not. In particular, I encourage them to share their Personality Profile. If you want to understand this further please contact me.

If there are **significant events between sessions**, or things you think I should know, please email me.

(BACS DETAILS: Acc. Number: 42710243 Sort code: 600717 BANK: Nat West. Please reference with "your name".)