



COACHING FOR LIFE PROBLEM-SOLVING/ CRITICAL THINKING TRAINING



Gerald Deloney
S POINT TRAINING AND MANAGEMENT, INC.

Contents

Embracing the Journey of Becoming	1
Instructional Guide for Using the Curriculum	3
Introduction to Journaling	4
Getting Started with Journaling.....	5
Teaching and Learning Process	6
The Process of Self-Enrichment	7
Next Steps.....	7
Our Personal Growth	8
Session Overview	9
Next Steps.....	9
1: Introduction to Self-Evaluation	9
2: Understanding Personal Values.....	10
3: Exploring Strengths and Weaknesses.....	10
Core Values for Young Adults in the Coaching for Life Project	10
Personal Growth.....	10
Integrity	11
Grit	12
Loyalty.....	12
Commitment.....	13
Empathy.....	14
4: Setting Personal Goals	14
5: Overcoming Obstacles	15
6: Building Resilience	15
7: Embracing Lifelong Learning.....	16
8. Relationships and Communication.....	16
9. Self-Actualization and Beyond.....	16
Examples of Self-Actualization	16
Reflection and Next Steps.....	17
Reflection and Next Steps.....	17

This is a Sample of the Training

The Art of Thinking: A Lifelong Journey

Embracing the Journey of Becoming

Introduction

You have acquired the developmental imperatives necessary to understand adult responsibilities as a young adult. However, it is essential to recognize that you are an unfinished product, continuously evolving along your life course. The Coaching for Life Project is dedicated to helping young adults prepare their thoughts, seek diverse experiences, and ultimately “become” who they are meant to be. This philosophy forms the foundation of our training program and serves as our starting point.

The Philosophy of Continuous Growth

Life is a journey of continuous growth and self-discovery. As young adults, you are at a pivotal stage where you begin to understand and embrace adult responsibilities. Yet, it is essential to acknowledge that personal development is ongoing. You are not expected to have all the answers or be fully formed; instead, you are encouraged to view yourself as a work in progress, constantly learning and evolving.

Developmental Imperatives

The developmental imperatives you have acquired include critical thinking, problem-solving, emotional intelligence, and ethical decision-making. These skills are crucial for navigating the complexities of adult life. However, developing these skills is just the beginning. The Coaching for Life Project aims to refine and expand these abilities through structured training and real-world application.

Preparing Your Thoughts

One of the core objectives of the Coaching for Life Project is to help you prepare your thoughts. This involves developing self-awareness, reflecting on your experiences, and understanding

your strengths and areas for improvement. By fostering a mindset of continuous reflection and self-evaluation, you can better navigate the challenges and opportunities that come your way.

Seeking Diverse Experiences

Experiences shape who we are and how we perceive the world. The Coaching for Life Project encourages you to seek various experiences within and outside the training program. Whether it's through collaborative group activities, individual projects, or real-world scenarios, these experiences provide valuable opportunities for growth and learning.

The Process of Becoming

"Becoming" is a dynamic and ongoing process. It involves embracing change, adapting to new circumstances, and continuously striving for personal and professional development. The Coaching for Life Project supports you in this journey by providing the tools, resources, and guidance needed to navigate your path with confidence and resilience.

Inclusivity and Support

We recognize that every individual's journey is unique, and some may have faced significant life adversities such as foster care, drug dependency, or incarceration. The Coaching for Life Project is committed to inclusivity and support, ensuring that all participants can benefit from the program, regardless of their background. We believe that everyone has the potential to succeed and that with proper support, you can overcome obstacles and achieve your goals.

Conclusion

As you embark on this journey with the Coaching for Life Project, remember that you are an unfinished product, continuously evolving and growing. Embrace the philosophy of continuous growth, prepare your thoughts, seek diverse experiences, and engage in the process of becoming. Together, we will navigate the complexities of adult life, empowering you to become the confident, capable, and resilient individual you are meant to be.

Welcome to the Coaching for Life Project. Let's begin this transformative journey together.