



COACHING 4 TEENAGERS

PRESENTS

LIFE LESSONS PATH TO SUCCESS

Welcome,

Thank you so much for thinking about joining me in this Life Lessons Path to Success Program which will run for approximately 4-5 months.

Some things to think about in the lead up to taking on this program:

Do you:

- ☺ Need someone to listen to you without judging you?
- ☺ Want to develop greater self confidence & esteem?
- ☺ Want to work out what to do with your life?
- ☺ Want to achieve greatness?

Now you might ask: Why does life coaching work for teens and young adults?

Because I:

- ☺ Am not your parent.
- ☺ Am not your peer.
- ☺ Validate what works for you
- ☺ Offer lots of encouragement.
- ☺ Accept you as you are.
- ☺ Have no vested interest.
- ☺ Are an ally against bullies and untrustworthy peers.
- ☺ Do not have a vested interest in one particular course of action.
- ☺ Give you plenty of support.
- ☺ Guide you through the transition from high school to university/college/tafe/gap year or life in general.
- ☺ Challenge you to try new strategies.
- ☺ Am another positive adult relationship besides your parents and teachers.
- ☺ Am safe.
- ☺ Hold your greatness up to you.

I have developed a Teen/Young Adult Success Program based on 10 life lessons. This program would be delivered like so:-

- One hour long coaching session in person or via phone, face time or zoom approximately twice a month.
- Actions or practices that you complete or engage in and we talk about in the next session

This will be an interesting, fun & exciting journey and I will expect you to work hard and participate fully in the programme. The benefits that you receive will be amazing if you choose to be fully engaged in this process.

The course is divided into Ten Life Lessons

We may or may not cover every life lesson in order. It really depends on where you are and what you want to work on in each coaching session.

Life lesson One – The Circle of Control – *The only person I can control is myself*

Life Lesson Two – Know Yourself – *Take off the blinkers & identify the behaviours*

Life lesson Three – Take responsibility – *What I give out is what I get back*

Life Lesson Four – Life Rewards Action – *Get out there and do something!*

Life Lesson Five – There are no mistakes only lessons – *valuable learning opportunities exist*

Life Lesson Six – There is no reality only perception – *Beliefs that have blinders*

Life Lesson Seven – Life is managed not cured – *Your life is now on project status*

Life Lesson Eight – We teach people how to treat us – *You can retrain people to treat you better*

Life Lesson Nine – The relationship bank account – *The stuff that life is made of*

Life Lesson Ten – What you make of your life is up to you – *You have to decide specifically what is you want*

The program will take approximately 4-5 months and throughout this period I will be available to you as your coach whenever you need me. You just need to e-mail tracy@coaching4teenagers.com.au or text/call 0415.980.476 and I will get back to you as soon as I can.

You will also have a binder to accompany this course, which has the following sections

- 1-10: Lessons – this will be the new information you receive each session
- Exercises – this is where you will put anything I send you that does not fit in the Life Lessons Category
- Action & Practices – this is a place for your to write and keep account of the actions you are taking
- Observations – this is a place for you to journal about your progress.
- Preparation Sheet – this is a check in sheet for you to complete to keep track of your progress and to email to me before we meet each session.

The cost for the Life Lessons for Success Program is \$3200.00 if paid upfront or 3 x \$1170.00 monthly installments.

I am looking forward to supporting you.

Cheers

Tracy