

2024

The Education Coach Empowerment Program

Overview

The Empowerment Program is designed to support teens navigate the emotional and social challenges they face, such as bullying, anxiety, distractions, and mental health struggles. This program focuses on building essential skills like emotional strength, coping strategies, problem-solving, and stress management. Through one-on-one coaching, teens develop self-awareness, confidence, and resilience, empowering them to handle difficult situations with greater ease.

The program helps teens recognise their emotions, understand the triggers of anxiety or stress, and develop healthy responses. They also work on improving focus, managing distractions, and setting personal goals for emotional and mental well-being. By the end of the program, teens are better equipped to face life's challenges, stay motivated, and maintain a positive mindset.

The Initial Coaching Conversation

Every coaching journey begins with a starting point. For all our programs, this takes the form of an initial coaching session. True to my style, all our sessions are infused with humour, learning, and motivation, and the first conversation is no exception. During this session, we'll take the time to explore your child's current challenges.

Learning and Accountability

The Empowerment Program emphasises learning and skills development, fostering emotional growth in teens with patience and compassion. Through tailored coaching, teens develop vital skills such as emotional regulation, coping strategies, and problem-solving techniques, empowering them to navigate challenges like bullying, anxiety, and distractions. The program focuses on nurturing self-awareness, confidence, and resilience, guiding teens to improve their mental well-being and manage stress effectively. Coaching provides a compassionate and supportive environment, allowing teens to explore their emotions and challenges without judgment. This patient approach ensures that each teen grows at their own pace, building skills that promote long-term emotional strength and well-being.

All coaching sessions are 45 minutes.

What Students Will Learn

This is an example of what a typical curriculum could look like. However, it may differ for your child, as we may focus on just a few key elements. Our goal is to ensure the biggest impact from the coaching sessions by tailoring them to your child's unique needs and priorities.

Week 1: Self-Awareness and Emotional Understanding

In the first session, the focus is on helping teenagers identify and understand their emotions, triggers, and responses. Coaching explores common stressors such as encouraging participants to reflect on their daily experiences. We emphasise the importance and build the skill of being able to express thoughts and feelings, gaining insights into their emotional reactions and developing emotional intelligence. This session aims to foster self-reflection and awareness, allowing teenagers to recognise the situations that provoke strong emotional responses.

Week 2: Coping Skills and Emotional Regulation

During the second session, the emphasis shifts to developing effective coping strategies for managing stress, anxiety, and distractions. The session includes problem-solving scenarios where teenagers learn to address and overcome challenges in a supportive environment. By the end of this session, teens will have practical tools to help regulate their emotions in difficult situations.

Week 3: Building Confidence and Social Skills

The third session focuses on enhancing self-esteem and social resilience. Participants engage in role-playing exercises to navigate challenging social situations, such as dealing with bullying or peer pressure. Coaching teaches assertiveness techniques, enabling teens to communicate their needs and feelings effectively. This session aims to build confidence and equip participants with the necessary skills to advocate for themselves in various social contexts.

Week 4: Resilience and Long-Term Action Plan

In the final session, the focus is on strengthening resilience and creating a personalised plan for ongoing mental well-being. Coaching may involve visualisation exercises to help teenagers imagine successful outcomes when facing challenges and fostering a positive mindset. Participants engage in goal-setting activities using the SMART criteria to define clear academic and personal objectives. The session concludes with planning for future challenges by identifying potential obstacles and developing strategies to overcome them. By the end of the program, teenagers will leave equipped with a toolkit for managing stress, enhanced resilience, and a clear roadmap for achieving their goals.

Contact Us

We hope this outline has provided you with a glimpse of what can be achieved during the coaching sessions. If you're uncertain about whether coaching is the right fit for your child, please don't hesitate to reach out for a conversation. With years of experience in educational settings, we understand that every child and learning experience is unique, and we are here to offer our support and guidance. Let's work together to find the best path for your child's success!

The Education Coach

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