



What is Youth Empowerment Coaching?

Youth Empowerment Coaching is exclusively for young people aged 16 – 25.

If you're reading this, you could be a young person yourself, looking for some guidance and direction in life.

Or you could be a parent of a young person, a teacher or youth work professional, and concerned about the young person in your life at the moment, looking for some solutions and ideas to help them get motivated and flourish into happy and productive adults.

Youth Empowerment Coaching is enjoyable and engaging, where Brian gets to know the young person very well, relates to them on their level and becomes a role model and guide on their journey from adolescence into young adulthood and beyond.

Whether it's challenges with school, TAFE, University or work, Youth Empowerment Coaching can help you get organised to complete your studies successfully, and with employment, either find that first job, improve your current working situation or decide on a career path for your life.

Youth Empowerment Coaching is practical and pro-active, with Brian holding the young client to account by empowering them to take action on a weekly basis, taking full responsibility for their goals and being okay with the journey of making mistakes – turning that into a positive to build resilience and improve confidence.

How does all that sound? If you are a young person, feel free to contact me or share this information with your parents or teacher/youth worker. And if you are the adult in a young persons life who thinks this could be of benefit to them, then I also invite you to contact me so we can talk more about how Youth Empowerment Coaching can help.

Regards,

Brian – *Owner/Director*
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