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BRIAN McALEER COACHING SERVICES



YOUTH

EMPOWERMENT COACHING

**Melbourne based Life Coach
Brian McAleer offers 1:1
sessions for teens & young
adults, aged 16-25.**

**"FOR EVERY
YOUNG
PERSON"**

DO YOU WORK WITH YOUNG PEOPLE?

What is Youth Empowerment Coaching?

Youth Empowerment Coaching is using the principles of Life Coaching to work with teenagers and young adults, assisting them to improve their motivation and self-esteem and take action to create positive change and achieve their goals. The sessions are focused entirely on the young person, acknowledging where they're at in life right now, adapted to their learning style, level of awareness and maturity so it works for them and not against them

"Life is different for me now. I would recommend Brian as a coach to anyone because he understands, he cares, he's flexible and has some 'nifty tricks' to combat life's problems with"

- Cadyn, Youth Empowerment Coaching Client

Who is Brian McAleer?



Brian is an experienced Life and Youth Coach with a strong and successful background in Youth Work, helping young adults build their confidence and gain valuable life skills so that they can go on and experience their own sense of accomplishment. Brian can give them the tools, accountability and structure they need, through 1:1 sessions.

For more information visit
www.brianmcaleer.com

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or call 0432 586 039