

# So what is Life Coaching and is it Right for Your Teen?

Hello Dear Parent,

You might have heard of Life Coaching before or maybe you haven't? I'll say straight up, it's not for everyone. But everyone should think of giving it a go. I've seen Life Coaching help people achieve great things – especially Young People - so here are the basics...

- \* Life Coaching assists young people to improve their motivation and confidence to achieve their goals and create the change they want to
- \* Life Coaching is personally tailored to the young person; how they like to think, speak, learn and act. It's not about trying to change or fix your teen, but rather Advancing them to be the person you know they are capable of being.
- \* Life Coaching IS NOT counselling, psychology, psychiatry or any other treatment... It's about focusing on the future, while looking briefly at the past, but not dwelling on it. It's about taking action, being accountable, taking on more responsibility and improving one's own self-respect and self-worth in the process. Your teen will have to push themselves, but as their Life Coach, I am there to help them
- \* Life Coaching IS NOT about telling your teen what to do, but rather helping them clarify what they want to do and work out the most effective way on how to do it. I, the Life Coach, help your teen get clear, get focused and start believing in themselves more than they might have before. Every young person has got some untapped potential inside each of them; the ability to do amazing things. Is your teenager experiencing that right now as much as they'd like to be? That's where a Life Coach can help them – by asking the right questions, at the right time to help your teen reach their own level of success.

That's it in a nutshell, so now let me share with you The 7 Reasons Why Life Coaching is the Best Investment for Your Teen You'll Ever Make! Read on...

# **7 Reasons Why Coaching is The Best Investment for Your Teen You'll Ever Make!**

## **1. Clear Direction**

Teens face many big decisions that will determine the outcomes of their life. It can get confusing, so coaching can help them clarify which way to go once they know their values

## **2. Confidence**

Teens will push themselves further and harder when they've got confidence. Knowing exactly what to do isn't always important – having a go and sticking at it is what matters more.

## **3. Motivation**

Teens get lazy and are masters of procrastination. But when they get excited about their life, motivation comes in spades and this is where their momentum starts to build.

## **4. Career Pathway Planning**

Teens face many new challenges in the professional world, so choosing the right career and mapping out the most effective way to get there, is what will start their professional life off on the right foot.

## **5. Life Skills**

Teens come out of school not always knowing enough about how to manage their own life; from budgeting, decision making and conflict resolution. A well-developed skill set to tackle life's everyday challenges is the key to success.

## **6. Developing Resilience**

Teens can give up easily if failure and obstacles get in their way. By learning from their mistakes and bouncing back from a setback, they will give up less and keep going till they reach their outcome.

## **7. Achieving Goals**

Teens have dreams for their life, but these just remain concepts unless turned into goals. Learning the fundamentals of goal setting is crucial to getting from to A to B, then all the way to Z.

***Next Page > Claim your Free 45 Minute Consultation with  
Life Coach Brian McAleer***

# Want to find out more? Submit your details to be contacted by Brian for a Free 45 Minute Consultation!

How would life look for your teenager after experiencing Life Coaching?

Can you see them applying themselves and achieving more in less time and successfully?

If so, then I invite you to contact me to schedule your Free 45 Minute Consultation.

In this Consultation, you will receive;

- \* a One:One and In Person consultation where we will discuss your teen's wants and needs in great depth
- \* a Chance to ask as many Questions as you Like to help with your Inquiry about Life Coaching for your Teen
- \* a Live Demonstration of what a Life Coaching Session would be like for your teen
- \* a Discount on your teens First Coaching Session if You Book it in during the Consultation

Special Bonus Offer – Schedule in Your Free Consultation in before this Friday at 12pm and receive a free e-copy of my book “Setting Goals using The SMARTEST Method”

Take Action Now and [Follow this Link](#) to fill in the contact form, select an appointment time and secure your Free 45 Minute Consultation. I will be in touch with you within 24 hours to confirm the appointment and send you your free copy of my book if you schedule before this Friday at 12pm.

*“Life is different for me now as I’m thinking a lot more positively, feeling more energetic and I’m on the road to success and my destiny. 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, Life Coaching Client (19)

*“Brian instils positivism by introducing the realistic concept of life’s ups and down’s. He incorporates feelings of negativity, accepting and working with them as a normal part of life. Brian has assisted my son to put in place practical steps to keep him on track so that he feels in control no matter life’s ups and down’s.”*

- Marina, Parent of Client

**[Claim Your Free 45 Minute Consultation Right Here!](#)**

[www.brianmcaleer.com](http://www.brianmcaleer.com)