



How Life Coaching Can Change Your Child's Life

- Life Coaching, or Youth Empowerment Coaching, is using the principles of Life Coaching to work with teens and young adults (ages 16-25), empowering them to get clear, motivated, focused and taking action to create positive change and achieve their goals.
- Young people respond best when they are being entirely focused on by another person. Listening to them, acknowledging their struggles and speaking in their language, is what young people appreciate most. This is how I approach every coaching session, quickly building trust and rapport with your child, leading them to open up and confide in me.
- It's common for young people to struggle with many things, especially emotional and social well-being, and their general mental health. Life Coaching meets these challenges by helping youth to address their needs and issues one at a time. However, Life Coaching IS NOT counselling or the replacement for a psychologist or therapist; those treatments serve their own purpose. Life Coaching does not dwell completely on the pains and problems of the past; of course they are acknowledged, but an emphasis of focusing on the present and building for the future is the approach here. If your child has had counselling before accessing Life Coaching, please let me know.
- Young people hate to be told what to do. You know this as a parent, and even though your advice is coming from a place of caring and nurturing, trying to enforce it onto your son/daughter doesn't always get the best response. In Life Coaching, the coach never tells the client what they should or shouldn't do – they ask Quality Questions. Listening to your child non-judgementally, the coach will ask questions out of curiosity and the need to clarify, which creates a welcoming space for your child to open up. Through further effective questioning and listening techniques, the coach will guide your child to make the right choices for themselves, and feel empowered to take total responsibility for their actions. This is the key to teens becoming independent young adults, which is the foundation of Life Coaching for Youth.

- Life Coaching sessions are effective, focused and structured experiences. Delivered via a combination of In-Person and over Skype / phone call, young people will feel engaged, listened to and supported from start to finish. They are told from the very beginning that their coaching sessions are entirely about them. They are invited to make that time exclusively for them, and invest their energy and thought into their own personal development. The Coach will lead your child to reach an outcome by the end of every session, that will lead them to grow, change and ultimately be better at setting goals and actually following through with them.

- Young people will enjoy their Life Coaching experience, as it uses a healthy mix of conversation and practical action. The Life Coach has a vast collection of exercises and methods up his sleeve to call upon in any situation. As the Coach gets to know your son/daughter (what they like, how they think, the way they learn), the Coach will handpick special exercises to give your child the best value for their experience. From reflective journaling exercises, to videos, articles, books, audio recordings/podcasts and various brainstorming techniques, your child will learn a lot in a variety of ways that is effective and enjoyable at the same time. This results in them appreciating the learning process even more, and becoming more dedicated to understanding themselves, other people and life in general.

IMPORTANT MESSAGE FOR THE PARENT - As a parent of a teen or young adult, you always want the best for them. From the day they were born, you've had goals, dreams and hopes for your child and want every success for them. This is a beautiful thing, but... remember that your child is an adolescent going through teenagehood and/or developing into a young adult. They are starting to form their own ideas, beliefs and values for the rest of their life. The Coach will help your teen clearly identify their goals *now* and for the near future. If your child shares these with you, often their goals can be different from what you wished for them or even what you were expecting them to want. Please trust that this is a normal part of raising teens and young adults. If you have clear cut goals and ambitions for your child that are important to you, I'm happy to hear about them so let's have that conversation before your child's coaching starts. But it's important as a parent to also be respectful of your son/daughter's choices, however they appear to you. As their Coach, I will take them through a well-designed goal setting method of my own making, that will lead them to set and work towards goals that are positive, healthy and forward thinking.

Thank You for taking the time to read this important document. Please, if you have any questions about this document, don't hesitate to contact me for a chat.

Regards,

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