

**BM**

BRIAN McALEER COACHING SERVICES

The  
**7** Reasons  
Why  
**Life Coaching**

Is The BEST  
Investment for your  
**Teen**

You'll Ever Make!

Brian McAleer  
Youth Empowerment Coach

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

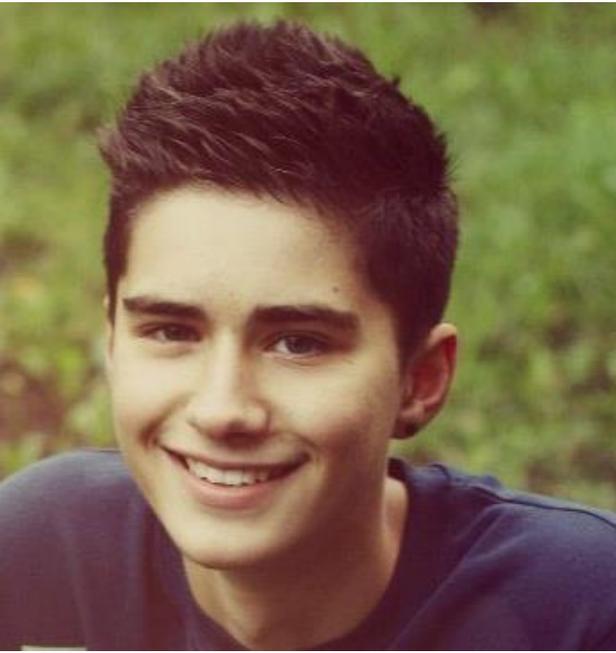


## 4. Career Pathway Planning

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 A to B, then all the way to Z.

### **How does Life Coaching work?**

- > Your teen meets with the Life Coach face-to-face for their sessions
- > Your teen is held accountable by the coach to take action each week
- > Your teen receives emails, resources and has constant access to the coach
- > Your teen walks away from coaching with a solid plan for new results

Of course, these outcomes don't just happen; your teen will only achieve what they apply themselves to do. But with the help of a Youth Empowerment Coach, they're in the best place to achieve all this, and much more. Wouldn't you feel better knowing your teen had the support, guidance and mentorship of a professional Life Coach, leading them every step of the way?

[Subscribe to the mailing list](#) and receive a new email every ten days, outlining the benefits of coaching, and how you, the Parent, can make the best investment in your teen you will *ever* make – the investment in their Personal Development.

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## Who is Brian McAleer?



With 12 years experience working with youth, Brian is a professional, dedicated and highly sought after Life Coach for teens, and young adults.

His kind and considerate approach, ensures he develops strong bonds with every teen he coaches, and easily influences them to be their best and do their best. His coaching methods are practical, and perfectly tailored to today's young people.

## Hear what others have to say...

*"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, student

*Brian instils positivism by introducing the realistic concept of life's ups and down's Brian assisted my son to stay on track so that he feels in control no matter what happens"* – Marina, Parent

*"The power of youth can build for the future and sustain the world... but this only happens when we empower the young"*  
– Brian McAleer