

# Teen Coach Session Planner

**Teen Name:**

**Date:**

## 1. TRUST (5-10 mins)

Start by building rapport with your teens. Allow them to feel comfortable with you. Ask them about their week at school, sport or home. Bonus points for making them laugh and smile.

## 2. EXAMINE (5-10 mins)

Get super clear on your teen's focus, goal or intentions for the week. Help them get clarity on what it is they want to focus on. Explore any resistance that may be getting in the way of them achieving their goals.

## 3. EVALUATE (10-15 mins)

Now that you have identified the resistance or challenges that are getting in the way of their goals, allow them to come up with a solution that will help them move forward. Try not to give them the answers right away.

## 4. NEXT STEPS (5-10 mins)

Summarise what was spoken about during today's coaching session. Help your teen identify the key actionable steps that they would like to implement in the coming week. Once again, help them come up with their own relevant and appropriate action steps. Send through any relevant tips or information that may compliment their growth for the week.

## Teen Coach Mastery Questions

Ask yourself reflection questions to help master your sessions.

- What worked well today with my teen client?
- What did not work well today with my teen client?
- What can I do better during next teen coaching session?

