

THE TEEN COACH PRACTITIONER MANUAL



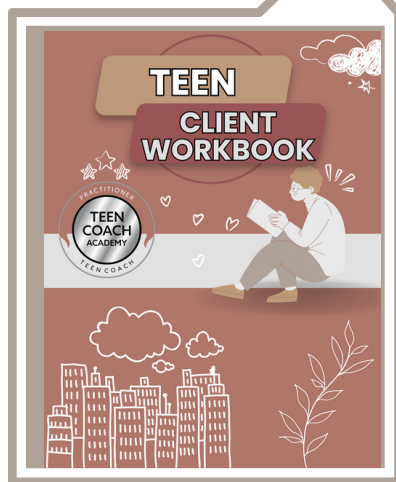
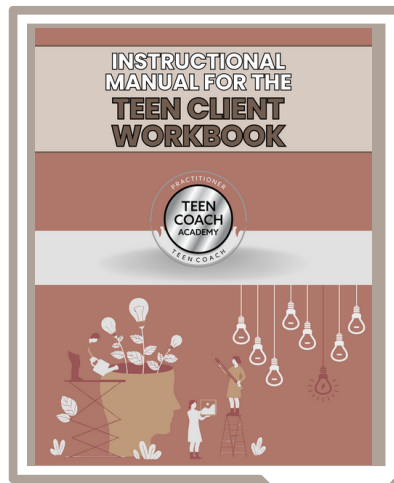
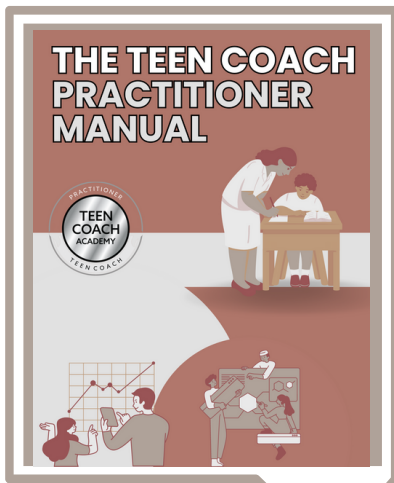
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VISUAL MAP



LENITA'S LETTER

Dear Teen Coach Practitioner,

I hope this letter finds you in the best of health and spirits. I wanted to take a moment to express my utmost pride and appreciation for your commitment to working with teenagers and their families. It is truly a blessing to support you in your coaching journey to create a positive impact on the next generation.

Your decision to work with teenagers is not only commendable but also reflects your deep dedication to understanding their unique needs, aspirations, and challenges. By making the commitment to invest your time, knowledge, and expertise, you are well on your way to creating a nurturing environment where these young individuals will flourish and reach their full potential.

I am particularly proud to have the opportunity to support you on this Practitioner journey. Your commitment to making a difference in the lives of teenagers resonates strongly with our shared values. Together, we have the power to empower and inspire these young minds, equipping them with the coaching tools and resources they need to thrive in an ever-changing world.

It has become increasingly crucial to extend a helping hand to the younger generation. Teens face unique challenges in today's rapidly changing society, and it is our collective responsibility to ensure they receive the guidance, support, and opportunities they need to thrive.

Adolescence is a pivotal phase in one's life—a time of self-discovery, growth, and decision-making. However, teens often find themselves grappling with a wide range of issues, such as academic pressures, social anxieties, mental health concerns, and the ever-present impact of technology.

By offering coaching support and understanding, we can help teenagers navigate these challenges and empower them to become resilient, confident, and productive members of society.

It is not an easy task to navigate the intricacies of adolescence, yet you have embraced this challenge with unwavering dedication. Your genuine care, guidance, and support are invaluable in shaping the lives of the next generation.

Congratulations on taking this step. Our team and I are very excited to be supporting you on your Practitioner journey.

Lenita Abouchakhe.

Founder of Teen Coach Academy



WHERE IT ALL BEGAN:

THE INSPIRING ORIGINS OF THE TEEN COACHING ACADEMY

The Teen Coaching Academy (TCA) was dreamed, designed, and created by Lenita Abouchabake. A former teacher, Lenita created TCA out of her deep and abiding passion to create positive change in the lives of teenagers now, and for decades to come.



After spending several years teaching in the Australian school system, Lenita became frustrated with the challenges she encountered while working in it. Realizing that her unconventional approach did not align with the traditional educational system, she was inspired to embark on a transformative journey.

Determined to find her true purpose, she delved into volunteer work within various youth programs and even ventured abroad to the United States, working as a camp counselor. It was during this time that Lenita witnessed the transformative power of personal development within the context of summer camps.

One by one Lenita's experiences built through impactful conversations shared with teens on playgrounds, at sporting events and ministry meet-ups, conversations where they would share about their lives, friendships, goals, and dreams. It was here that her coaching style was born, and here is where the core competencies for TCA were first established.

Lenita learned that teens were craving leaders to hold space and answer their questions about life. They needed role models who were unafraid to have the types of conversations that their parents shrink from, and which aren't taught in books at school.

This experience ignited her vision and expanded her understanding of what was possible beyond the confines of a traditional classroom.

Motivated by her newfound inspiration, Lenita returned home, only to encounter the same challenges she had left behind. Recognizing that she could no longer ignore her calling, she made a courageous decision to explore the realm of life coaching.

This decision was not without its hurdles. Lenita faced numerous challenges, including limited resources, skepticism from her peers, and fear of the unknown. However, she refused to succumb to these obstacles, firmly believing in her ability to make a meaningful impact on the lives of teenagers. Lenita dedicated herself to building a successful coaching practice from the ground up, leveraging her passion, expertise, and the invaluable lessons she had gathered along her personal and professional journey.

As Lenita's coaching practice flourished, she realized she was not alone in her mission. Other passionate coaches shared her vision of empowering and supporting teenagers. Thus, the Teen Coach Academy (TCA) was born—a community where like-minded coaches could gather, exchange knowledge, and foster positive change in the lives of young individuals.

TCA became a leading institution, offering comprehensive training, mentorship, and a supportive environment for aspiring teen coaches.

Lenita's vision materialized as coaches discovered their unique strengths, shed limiting beliefs, and embraced authenticity.

Encouraging a growth mindset, she emphasized the importance of learning from experiences, embracing challenges, and persisting in the pursuit of their goals. Lenita recognized that the path of a teen coach was not always smooth, yet she firmly believed that by staying committed and trusting in themselves, they could make a profound impact on the lives of teenagers.

Lenita's personal journey serves as an inspiration to the countless coaches who join TCA. They are drawn here because of the recognition of their own transformations and by their awareness of the immense need that the teens of today have for coaches who are invested in their futures and committed to helping them succeed in their goals.

Together, they formed a vibrant and passionate community, united by their shared mission to empower teenagers and shape a brighter future.



OVERVIEW

Welcome to the Teen Coach Academy (TCA) Teen Coach Practitioner Manual, a comprehensive guide designed to provide you with the key ingredients for success as a Teen Coach Practitioner. As a Teen Coach Practitioner dedicated to helping teens and their families navigate the challenges of adolescence, you play a vital role in shaping their lives and fostering their personal growth.

Within these pages, you will discover a wealth of best practices that will enhance your effectiveness as a Teen Coach Practitioner. In addition to the regular interactive support that you are receiving in the weekly calls, Facebook groups, 3-day bootcamps and other TCA sponsored opportunities for growth, this manual will serve as your go-to resource. It offers guidance on a wide range of topics from understanding the unique needs of teenagers to building core competencies and facilitating meaningful conversations.

You will also find many resources to help you on your Teen Coach Practitioner journey, such as coaching frameworks, session guides, client activities, teen workbooks, rubrics, guidelines for building competencies and for mandatory reporting.

And, much more! These resources are designed to help you apply the TCA model and concepts in a tangible and practical manner, allowing you to develop your coaching skills and deepen your understanding of effective teen coaching techniques.



As you immerse yourself in this manual, we encourage you to adopt a growth mindset and embrace the many opportunities for self-reflection and personal development. Coaching is a continuous learning process, and the willingness to continually refine your approach will enhance your ability to connect with, and empower teenagers and their families.

Within TCA, we emphasize the importance of building a strong support network and fostering professional relationships with fellow coaches. Engaging in collaborative discussions, sharing experiences, and seeking feedback will also further enhance your growth as a Teen Coach Practitioner.

Thank you for choosing the Teen Coach Practitioner Manual as your guide. We are honored to be a part of your coaching journey and are confident that the insights and practices shared within these pages will contribute to your ongoing success as a Teen Coach.

Let's dive in and make a lasting difference in the lives of the teenagers we have the privilege to coach.



HOW TO USE THIS MANUAL

This section will guide you on how to effectively utilize this resource to enhance your skills as a Teen Coach Practitioner. Here are some suggestions on how to make the most of this manual:

1. Familiarize Yourself:

Begin by acquainting yourself with the structure and content of the manual. Take some time to explore the different sections, and topics covered.

2. Set Clear Objectives:

Take a moment to reflect on your personal goals and aspirations as a Teen Coach Practitioner. What specific areas do you want to improve upon? What knowledge and skills are you seeking to develop? Setting clear objectives will help you navigate the manual with intention and purpose.

3. Read with Intention:

Approach each section with a curious and open mindset. As you read, actively engage with the material by highlighting key points, jotting down notes, or even summarizing concepts in your own words. This will aid in retention and understanding.

4. Apply the Concepts:

The manual is not meant to be a passive read but rather a practical guide. As you encounter exercises, frameworks, and resources, make an effort to apply the concepts to your coaching sessions. This active application will deepen your understanding and help you internalize the principles.

5. Reflect and Review:

After completing each section or chapter, take some time to reflect on what you have learned. Consider how the information can be integrated into your coaching practice. Identify any areas that require further exploration or clarification, and use the manual as a reference for future review.

6. Seek Support and Collaboration:

Don't hesitate to reach out to fellow coaches who are using the same manual. Engage in discussions, share insights, and learn from each other's experiences. The collective wisdom and support of a community can greatly enrich your learning journey.

7. Customize and Adapt:

Remember that every coaching practice is unique, and what works for one coach may not work for another. Be flexible and adaptable in your approach, tailoring the concepts and techniques to suit your personal coaching style and the needs of the teenagers you work with.

8. Embrace Lifelong Learning:

The Teen Coach Practitioner Manual is just the beginning of your journey as a Teen Coach Practitioner. Continually seek opportunities for professional development, attend workshops, and engage in further education. Embrace the mindset of lifelong learning to stay up-to-date with the evolving needs of teenagers and the coaching field.

COACHING APPROACH

Grounded in evidence-based principles and tailored specifically for the unique needs of teenagers, the TCA Coaching Approach encompasses a range of key elements that work harmoniously to facilitate positive youth development.



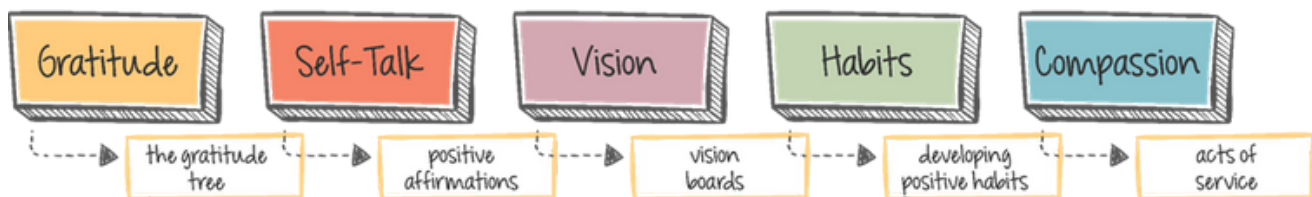
Through the Five Basic Concepts of Coaching, the Teen Coach Method, the Genius Model for the Teen Coach Practitioner, and evidence-based coaching, the TCA Coaching Approach equips coaches with the tools, concepts, methods and research necessary to facilitate impactful and meaningful coaching experiences.

The following topics are covered in this section include:

- Five Basic Concepts of Coaching
- Teen Coach Method
- The Genius Model for the Teen Coach Practitioner
- Why Coaching Works So Well With Teens

FIVE BASIC CONCEPTS OF TEEN COACHING

The TCA Coaching Model encompasses five evidence-based concepts that are essential to our work with teens. These concepts form the foundation of our coaching approach, empowering us to guide teenagers from negative to positive emotions and support their personal growth and development.



Within the TCA Coaching Model, we recognize that coaching is not solely about addressing problems; it is about preparing teenagers for a brighter future. Incorporating evidence-based concepts into our coaching practice enables us to equip ourselves with the tools necessary for creating lasting change and facilitating the healthy development of teen brains.

Gratitude

Gratitude, the first concept within the TCA Coaching Model, has been extensively researched and proven to shift individuals from negative to positive emotions, regardless of their initial state of mind. Cultivating gratitude helps teenagers develop a positive outlook and appreciation for the world around them.

Self-talk

Self-talk, the second concept, holds immense power in shaping teenagers' emotional well-being and mindset. Extensive research supports the role of positive and empowering self-talk in building self-confidence and resilience.

Vision

Vision, the third concept, enables teenagers to understand their motivations and envision their desired future. Assisting individuals in clarifying their vision not only ignites their inner drive but also offers them purpose and direction.

Compassion

Compassion, the fourth concept, involves encouraging acts of kindness and service towards others. Research has demonstrated the positive impact of compassion on both the giver and the recipient, leading to increased happiness and life satisfaction.

Habits

Habits, the final concept, plays a significant role in the TCA Coaching Model. Through coaching, teens can learn to check bad habits that interfere with reaching their goals and consciously replace them with habits that support success. Habits provide consistency and structure, enabling long-term positive change and personal growth.

These evidence-based coaching concepts are the pillars of the TCA Coaching Model which combines research-backed principles with practical strategies and techniques, ensuring that you are well-prepared to support teenagers in cultivating gratitude, improving self-talk, clarifying vision, fostering compassion, and developing positive habits.

TEEN COACH METHOD

A Thriving Teen Coach Practitioner doesn't have to have great answers, they must have the best questions.

Competency

Competency is of high importance as a Teen Coach Practitioner in order to effectively:

- Create breakthroughs for your teens and parents during coaching sessions.
- Eliminate overwhelm or imposter syndrome.
- Get amazing client results and referrals.
- Sell with confidence because you know you're a Thriving Teen Coach Practitioner.

Here is a framework to use when your teens and parents are:

- Experiencing personal blocks to a breakthrough
- Struggling with limiting beliefs
- Wanting to enhance their mindset
- Feeling overwhelmed with work or school
- Suffering from imposter syndrome

It is your responsibility as the Teen Coach to hold space and use this framework wherever applicable. **Never give up on the client.**

1. Clarify

- State the problem.
- What is the problem you'd like to address today?
- What's going on for you?
- What's on your mind?
- How is that a problem for you?

2. Challenge

- Challenge their belief - induce doubt.
- Are you sure that's true?
- Has something happened to make this true?

3. Change

- Create a new meaning.
- Could this possibly mean something else?
- What else?
- Could it have meant this/that?
- How is that NOT the problem?

4 Character

- Attach the new belief to the client's identity.
- What kind of person are you to believe this is true?
- Do you believe this to be true now?
- How come? What makes you believe this?

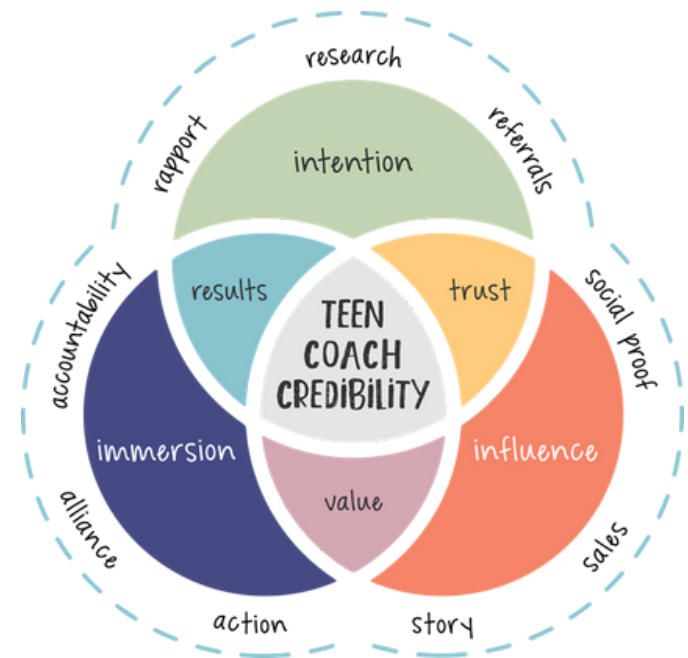
5 Confirm

- Future pace the client into action.
- What needs to happen now?
- Tell me one thing you need to take action on?
- How will I know you will get this done?

THE GENIUS MODEL FOR THE TEEN COACH PRACTITIONER

The Genius Model is a powerful tool to help Teen Coach Practitioners unlock their full potential and maximize their impact as a Teen Coach Practitioner.

It encompasses a comprehensive approach that focuses on three key areas.



IMMERSION

Immersion is a crucial aspect of teen coaching that involves fully engaging and integrating clients into your coaching world. To achieve this, you should focus on the following elements:

Action

As a Teen Coach Practitioner, it's important to go beyond simply providing guidance. Set clear action items with your clients that encourage them to take meaningful steps towards their goals. As their coach, you will provide them with an accountability partner to accomplish goals with. You will give them guidance and help them pivot in real time when a challenge arises. This approach encourages clients to take action and develop a strong commitment to coaching.

Alliance

Building alliances is about forming strong connections and partnerships, not only with your teenage clients but also with their parents, communities, and schools. Collaborate with parents to support their teenagers, engage with community organizations, and explore opportunities to work with schools. Identify what the specific needs are in your local community and explore creative ways to meet the need. You will never be lacking in clients if you find a niche and start serving. This collaborative approach not only benefits your clients but also contributes to your own professional growth and income.

Accountability

Accountability is a vital aspect of teen coaching. Implement systems and frameworks that promote accountability within your coaching program. This can include regular progress check-ins, goal tracking, and reflective exercises. Set tangible goals and pair them with specific action steps, making sure to follow up and help them pivot when they are faced with roadblocks and challenges. Help them see obstacles as exciting challenges to overcome, and celebrate their wins. Empowering clients with ownership and responsibility enables them to actively engage in their personal growth and development.

INTENTION

Intention is about setting the right mindset and approach as a teen coach. Here are the key components to consider:

Rapport

Building a strong rapport with your teenage clients is crucial for effective coaching. It's important to create a safe and supportive environment where they feel comfortable opening up and sharing their thoughts, challenges, and aspirations.

Invest time in establishing genuine connections, actively listening to their concerns, and demonstrating empathy. Remember to listen without passing judgment. Give them space to come to their own conclusions on things and avoid telling them what to do. Building rapport establishes a foundation of trust that enables deeper exploration and meaningful progress.

Research

To enhance your effectiveness as a teen coach, continuously expand your knowledge and expertise in our coaching concepts and methodologies. Stay updated with the latest research, attend relevant training and workshops, and invest in professional development opportunities. This ongoing commitment to learning enables you to provide valuable insights, evidence-based strategies, and customized approaches to meet the unique needs of your clients.

Referrals

Referrals play a crucial role in expanding your reach as a teen coach. It's important to actively seek reviews and recommendations from your clients. Encourage them to share their positive experiences and refer others who might benefit from coaching. Word of mouth is still one of the most effective ways to ensure a steady stream of clients.

INFLUENCE

Influence plays a significant role in guiding and inspiring your clients towards positive change. Consider the following aspects:

Story

Crafting compelling stories is a powerful way to connect with your clients on an emotional level. Share success stories, both from your own experiences and those of previous clients, to illustrate the transformative power of coaching.

By conveying relatable narratives, you inspire your clients to believe in their own potential and the possibilities that coaching offers.

Sales

Developing effective sales skills is important as a teen coach and as a business owner. This involves articulating the value of coaching, explaining how it can address specific challenges or goals, and overcoming potential objections. Emphasize the benefits and outcomes your clients can expect, and tailor your approach to resonate with their individual needs and aspirations. Compiling a collection of past client testimonials—both video and written—from both your teen clients and their parents that you can present to potential clients will help them feel more secure choosing to work with you.

Social Proof

Leveraging social proof through testimonials, case studies, and examples of real-life success stories helps to build credibility and trust. Highlight the positive impact your coaching has had on others, showcasing tangible results and transformations. This social proof serves as evidence that coaching works, providing reassurance and motivation for your clients to embark on their own coaching journey.

WHY COACHING WORKS SO WELL WITH TEENS

The teenage years are a critical stage of development, marked by rapid social cognition and the formation of identity. Adolescents are highly sensitive to the judgments of others and often struggle with self-consciousness as they navigate their place in the world. This period is characterized by intense emotions and hormonal surges, which can lead to impulsive and risk-taking behavior.



It is a time of transition, both for teenagers and their parents, and navigating this stage can be challenging. This is where coaching comes in, providing guidance and support for teenagers in a non-judgmental manner.

Teen Coach Practitioners play a crucial role in helping adolescents find their way during this vulnerable stage. Coaches support teenagers in developing their own voice, making choices, and building self-confidence by adopting a non-directive approach. This approach honors their need for autonomy and empowers them to trust their own judgment, leading to informed decisions and the ability to cultivate fulfilling and healthy lives in adulthood.



One of the reasons coaching works well with teens is that research-based interventions have been proven to be effective. Studies have shown that adolescent interventions, based on positive psychological research, significantly enhance self-perception, school engagement, positive social behavior, grades, and reduce problem behaviors. On the other hand, interventions lacking a research base have shown minimal effects. By relying on evidence-based practices, teen coaches can provide interventions that are more likely to have a positive impact on teenagers' lives.

Biologically and cognitively, adolescence is a period of significant changes. Hormonal surges during puberty intensify moods and emotional reactivity, while the brain's frontal lobes, responsible for reasoned judgments, impulse control, and long-term planning, are not fully mature until around age 25. This developmental stage naturally involves risk-taking, impulsivity, and emotional reactivity. It takes time for teenagers to develop the ability to apply the brakes and exercise self-control, which is why understanding and supporting them through this process is essential.

Competence, social cognition, and identity development are key aspects of adolescence. According to psychologist Erik Erikson, developing a sense of competence through skill-building is a primary psychosocial task during this transition. Social cognition develops rapidly during adolescence, making teenagers highly sensitive to what others think of them. Hence, being non-judgmental and avoiding critical criticism is crucial. Adolescents are exploring social relationships, contexts, groups, and roles to solidify their sense of self. This is also the time when they develop logical reasoning, self-awareness, and a sense of morality.

Recognizing the importance of fun and leisure is another crucial aspect of coaching teenagers. Fun, recreation, and meaningful leisure activities contribute to greater psychological well-being in both adolescents and adults. Engaging in enjoyable and meaningful activities serves a protective function during adolescence, providing outlets for freedom of expression, choice, exploration, adventure, and the building of prosocial relationships. By incorporating these elements into coaching sessions, practitioners can help teenagers find balance and promote positive development.

Finally, intimate relationships play a significant role in late adolescence and young adulthood. Erikson identified developing the ability to form close, loving relationships as a primary psychosocial task during this stage. Building high-quality, meaningful relationships with family and friends in adolescence sets the stage for healthy relationships in adulthood. Teen coaching can support teenagers in navigating their relationships, fostering positive connections with others and promoting healthy relationship skills.

Coaching is an exceptionally effective approach when working with teenagers, and its success is further amplified when backed by research. At the Teen Coaching Academy (TCA), we understand the significance of evidence-based practices in guiding coaches to excel in their role. TCA ensures that coaches are equipped with validated strategies and techniques, derived from the latest research findings, to effectively tackle the distinctive challenges encountered by teenagers. This emphasis on research-based practices enables coaches to provide guidance and support that is not only informed but also proven to have a positive impact on adolescents. As a Teen Coach Practitioner in TCA, you gain access to a wealth of research-backed knowledge, enabling you to enhance your coaching skills and make a genuine difference in the lives of the teenagers you work with.

MANUALS, ACTIVITIES AND SESSION GUIDES

The TCA manuals, activities and session guides are a valuable resource designed to enhance your coaching practice and support your clients in their journey towards improved mental health and overall well-being.

The materials are not intended to replace the expertise and guidance you provide during coaching sessions. Instead, they are designed to complement your pro bono campaigns, meet and greets, parent consults and coaching sessions, serving as a starting point and a reference for both you and your clients. Included are a range of session activities and instructions that will assist you in facilitating meaningful discussions and empower your clients to make positive changes in their lives.



As a Teen Coach Practitioner, you possess the expertise and understanding necessary to tailor these items to the unique needs of your clients. Use this section as a jumping-off point and a guide, allowing it to support your coaching practice as you navigate the challenges and triumphs alongside your clients.

The following can be found in the portal for the TCA Practitioner.

- Instructional Manual for the Teen Client Workbook
- Teen Client Workbook
- Teen Activities for Teens

These session guides and planner are in the pages that follow.

- Teen Meet & Greet Sample Session Guides
- Teen Coach Practitioner Session Guide and Planner

BUILDING RAPPORT WITH TEENS

INSIDE YOUR TEEN MEET & GREETINGS

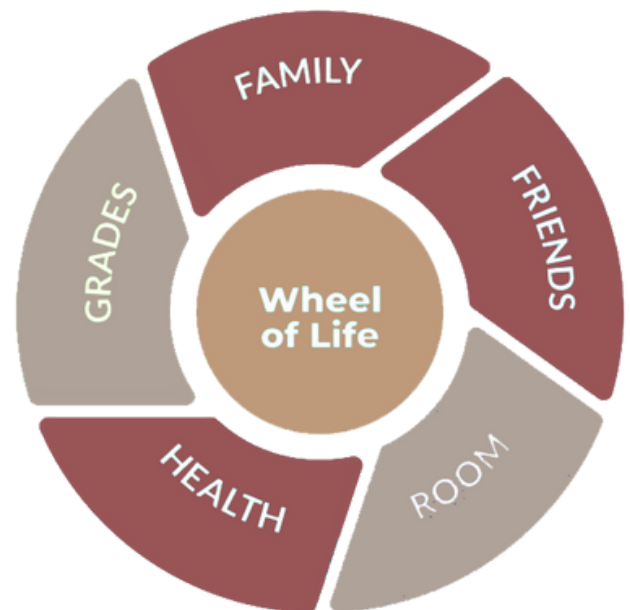
Great conversations with kids and teens are often grounded in their personal experiences, likes and dislikes, or opinions.

We've broken our questions down into a range of categories that align with TCA's Wheel of Life activity inside your TCA Teen Client Workbook.

It takes time to get to know your teens, so use these questions as a starting point to learn more about interests and personality.

This questionnaire is designed to share prior or during your Teen Meet and Greetings. Also known as the introductory session when you meet your teenagers for the first time.

You can use this document or transfer your questions to an online form via Google Forms or Type Form.



The key outcome and competency you are achieving here is BUILDING RAPPORT.

TEEN MEET & GREET

ONBOARDING QUESTIONNAIRE

Family

- Name something that you love about your family?
- How would you describe your parents and/or siblings?
- If you could introduce one idea to your family, what would it be?

Grades

- What is your favorite subject in school? Tell me about the best project or activity you've ever done in that subject.
- What's the best part of your day at school? How come?
- What's something that bugs you about school? What do you think we can do about it?

Friends

- Who is someone who looks up to you?
- What makes a good friend?
- Do you think social media helps make/maintain friendships? Why/why not?

Room

- What do you love about your room?
- What don't you love about your room?
- If you had no limits, how would you design your room?

Health

- What are 3 things you're grateful for in your life?
- What is the achievement you're most proud of?
- What's an area of improvement when it comes to your health?

TIPS FOR BUILDING RAPPORT WITH TEENS

Building rapport is an essential aspect of any social interaction, especially when meeting a teenager for the first time. Here are some tips to help you establish a good rapport during a meet and greet session with a teenager:

1. Be approachable and friendly:

Smile, make eye contact, and introduce yourself with a positive and warm attitude. This will make the teenager feel comfortable and welcomed.

2. Show genuine interest:

Show interest in the teenager by asking open-ended questions about their hobbies, interests, and school. Listen actively to their answers and show empathy and understanding.

3. Avoid being judgmental:

Do not criticize or judge the teenager's interests, style, or behavior. Instead, find common ground and similarities to relate to them.

4. Use appropriate body language:

Use open and positive body language, such as leaning forward, nodding, and mirroring the teenager's body language. This will show that you are engaged and interested in the conversation.

5. Respect their boundaries:

Allow the teenager to set their own boundaries and do not pressure them to share more than they feel comfortable. Respect their opinions and feelings.

6. Follow up:

After the meet and greet session, follow up with the teenager with a message or email to show that you value their time and that you are interested in maintaining a relationship.

SAMPLE LESSON PLANS FOR A TEEN MEET & GREET

Sample Lesson Plan 1:

Building Rapport Through Gratitude in a Virtual Meet and Greet Session with a Teenager

Objective:

To help the teen recognize and appreciate the positive aspects of their life and to build a connection through shared gratitude.

OUTLINE:

I. Introduction

- Greet the teen and introduce yourself.
- Explain the purpose of the session and the importance of gratitude in building rapport.
- Establish rapport by asking about the teen's interests and hobbies.

II. Discussion

- Ask the teen to think of something positive that happened to them recently.
- Discuss why this positive event made them feel good and how it impacted their day or week.
- Ask the teen to think of someone who they appreciate and why.
- Encourage the teen to share their thoughts and feelings.

III. Activity

- Ask the teen to create a gratitude list of 10 things they are thankful for.
- Share your own gratitude list with the teen.

- Have the teen share their gratitude list and explain why each item is important to them.
- Discuss the shared values and interests that are reflected in the gratitude lists.

IV. Conclusion

- Summarize the importance of gratitude in building positive relationships.
- Ask the teen to reflect on what they learned and how they can practice gratitude in their daily life.
- End the session with a positive and encouraging message.

Activities:

1. Positive Event Discussion - Ask the teen to share a positive event that happened to them recently and discuss the impact it had on their day or week.
2. Appreciation Discussion - Ask the teen to think of someone they appreciate and why. Encourage them to share their thoughts and feelings.
3. Gratitude List - Have the teen create a list of 10 things they are thankful for. Share your own gratitude list with them and have them share theirs.

Materials:

- Writing utensil
- Paper or digital device to create gratitude list

Assessment:

- Observe the teen's engagement and willingness to participate in the gratitude activities.
- Review the gratitude list created by the teen and assess the level of thought and reflection put into each item.
- Evaluate the connection built through shared gratitude and the overall rapport established in the session.

Modifications:

- For teens who struggle with identifying positive events or people to appreciate, provide prompts or examples.
- Modify the length of the gratitude list based on the teen's attention span or level of comfort with the activity.



SAMPLE LESSON PLANS FOR A TEEN MEET & GREET

Sample Lesson Plan 2:

Building Rapport Through Self-Compassion in a Virtual Meet and Greet Session with a Teenager

Objective:

To help the teen develop self-compassion and to build a connection through shared experiences.

OUTLINE:

I. Introduction

- Greet the teen and introduce yourself.
- Explain the purpose of the session and the importance of self-compassion in building rapport.
- Establish rapport by asking about the teen's interests and hobbies.

II. Discussion

- Explain what self-compassion is and why it is important.
- Ask the teen to share a time when they were hard on themselves or felt like they didn't measure up.
- Discuss how self-compassion can help in situations like these and why it is important to be kind to oneself.

III. Activity

- Ask the teen to write a letter of self-compassion to themselves.
- Provide examples and prompts if needed.
- Share your own letter of self-compassion with the teen.
- Encourage the teen to share their letter and discuss their experience writing it.

IV. Conclusion

- Summarize the importance of self-compassion in building positive relationships.
- Ask the teen to reflect on what they learned and how they can practice self-compassion in their daily life.
- End the session with a positive and encouraging message.

Activities:

1. Self-Compassion Discussion - Explain what self-compassion is and why it is important. Ask the teen to share a time when they were hard on themselves or felt like they didn't measure up.
2. Letter of Self-Compassion - Ask the teen to write a letter of self-compassion to themselves. Share your own letter of self-compassion with the teen and encourage them to share their letter and discuss their experience writing it.

Materials:

- Writing utensil
- Paper or digital device to write the letter of self-compassion

Assessment:

- Observe the teen's engagement and willingness to participate in the self-compassion activities.
- Review the letter of self-compassion created by the teen and assess the level of thought and reflection put into it.
- Evaluate the connection built through shared experiences and the overall rapport established in the session.

Modifications:

- For teens who struggle with identifying situations where self-compassion is needed, provide prompts or examples.
- Modify the length of the letter of self-compassion based on the teen's attention span or level of comfort with the activity.

TEENS SESSION GUIDE:

STRUCTURING YOUR COACHING SESSIONS WITH TEENS

Coaching sessions with teens require a structured approach that fosters effective communication and promotes positive outcomes. The TEENS Session Guide and Planner provides a framework for conducting one-to-one or group coaching sessions with teens and families.



This can be tailored to accommodate the unique needs of each client and the specific goals of the coaching session.

It's important to note that the recommended duration for each coaching session is between 30 to 45 minutes. However, feel free to adjust the timings based on individual circumstances and the requirements of your teenage client.

Now let's explore the **TEENS** Framework in detail:

T - Trust (Rapport and Fun):

- Build trust and rapport with clients.
- Dedicate 5-10 minutes to casual conversation.
- Create an enjoyable and fun atmosphere.
- Establish a connection and make teens comfortable.
- Use humor and light-hearted moments.
- Actively listen and show empathy to foster trust.

E - Explain (Clarify and Listen):

- Transition to explaining and clarifying the situation.
- Ask open-ended questions to understand goals and challenges.
- Inquire about specific areas or prefer a flexible approach.
- Align with their agenda and emotional state.
- Actively listen and seek clarity for 5-10 minutes.

E - Examine (Assess):

- Explore and assess the teen's needs comprehensively.
- Utilize appropriate coaching tools or activities.
- Cater to their preferences and use coaching techniques.
- Ask thought-provoking questions and guide them through tasks.
- Tailor your approach to support breakthrough and progress.
- Duration may vary based on their unique requirements.

N - Next Steps (Action Items):

- Define Next Steps and Establish Actionable Items:
- Acknowledge progress and celebrate achievements.
- Attach positive emotions to reinforce the breakthrough.
- Discuss emotions and how they feel about their accomplishments.
- Identify one or two manageable action items together.
- Ensure alignment with existing commitments.
- Avoid overwhelming them with excessive tasks.

S - Self-Reflect (Acknowledge and Appreciate):

- Encourage Self-Reflection and Celebration:
- Promote self-reflection and celebration of progress.
- Pose reflective questions to explore thoughts and feelings.
- Invite insights gained from the coaching session.
- Celebrate milestones and accomplishments.
- Inspire a sense of accomplishment and pride.

Now, let's address a common challenge that coaches often face when trying to engage teens in conversations about their learning experiences. It's not uncommon for teens to reply with "nothing" when asked what they're learning in life or school. However, there's a way to ask better questions and get more insights.



To tackle this challenge, you can try using the **C.O.O.L** question approach:

Clear and concise:

Make your question straightforward and easy to understand.

Open-ended:

Ask questions that require more than a simple "yes" or "no" answer, encouraging teens to provide detailed responses.

Opportunity check:

Create an opportunity for them to share their experiences achievements, challenges, or thoughts.

Life values:

Connect the question to their personal values or what matters to them.

Here are a few examples of **C.O.O.L** questions you can use:

- What's the most interesting thing you heard today or this week at school?
- Tell me something that you worked on today or this week that you're most proud of.
- Who or what made you smile today or this week? Can you share a story?
- Did anything or anyone challenge you today or this week? How did you handle it?
- What's something that you think is super important to you right now?

With **C.O.O.L**, you can create a more engaging conversation and avoid the typical "nothing" response.

TEENS SESSION PLANNER

TEEN CLIENT NAME: _____ **DATE:** _____

Step 1 – Trust (Rapport and Fun):

- ✓ Start the session by engaging in casual conversation to build trust and rapport.
- ✓ Share a joke or funny story to create a lighthearted and enjoyable atmosphere.
- ✓ Introduce the C.O.O.L questions during the casual conversation to build trust and rapport.

Consider these prompts:

- How has your day been so far?
- What's something fun or interesting that has happened to you recently?
- What's the most interesting thing you heard today or this week at school?
- Tell me something that you worked on this week that you're most proud of.
- Who or what made you smile today or this week? Can you share a story?
- Did anything or anyone challenge you today or this week? How did you handle it?
- What's something that you think is super important to you right now?

Step 2 – Explain (Clarify and Listen):

- ✓ Clarify the purpose of today's session and explore their specific goals and/or challenges.
- ✓ Introduce the C.O.O.L questions to gain more clarity and understanding.

Consider these prompts:

- What is your goal for our session today? Or, what would you like to work on during our session?
- Why is working towards this important to you? (Envisioning)
- How would life be different if you achieved this? (Motivation, Purpose)
- What are some of the challenges you are currently facing that you would like support with during our coaching sessions?
- How can I best support you today?

Step 3 - Examine (Assess):

- ✓ Use appropriate coaching tools, powerful questions and/ or activities to examine and assess their needs.
- ✓ Introduce the C.O.O.L questions to examine and assess needs.

Consider these prompts:

- Tell me about your reality now in relation to your goals.
- What have you found that is beneficial for gaining insights or understanding about yourself?
- What specific coaching activities or exercises would you like to try during this session to help assess your needs?

Step 4 - Next Steps (Action Items):

- ✓ Celebrate their progress and define the next steps and action items.
- ✓ Introduce the C.O.O.L questions to define the next steps and action items.

Consider these prompts:

- How do you feel about the breakthrough or progress you've made?
- What do you need to do to make this happen for yourself?
- What are your emotions surrounding this achievement?
- What actions will you take this week for progress? By when?
- How will you hold yourself accountable for following through on these actions?
- What are the potential obstacles or challenges that might hinder your progress?
- How will you address these obstacles or challenges?
- What strategies can you utilize to stay on track and overcome barriers?
- How will you stay motivated and committed to taking consistent action?

Step 5 - Self-Reflect (Celebrate)

- ✓ Take a moment to acknowledge and appreciate the effort and commitment they've shown.
- ✓ Introduce the C.O.O.L questions to help them reflect on the session and celebrate their growth.

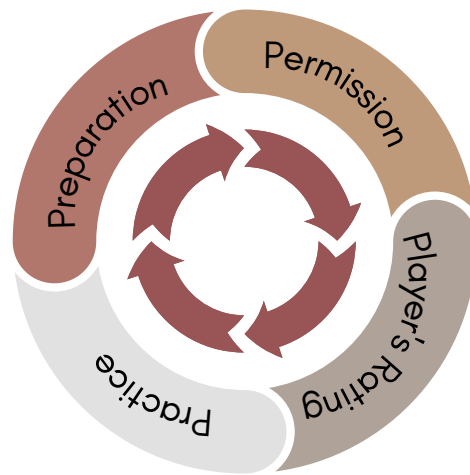
Consider these prompts:

- How do you feel about our session today and the progress you've made?
- What challenges did you face during our session today?
- What significant topics or areas did we overlook in our session today?
- What unexpected topics or issues arose during our session today?
- What other matters would you like to discuss or gain further clarity on before we wrap up our session?

SESSION PREPARATION GUIDE:

PLANNING PHASE OF A TEEN COACHING SESSION

The planning phase of a teen coaching session is essential as it involves setting the stage, obtaining permission, practicing skills, and evaluating client readiness. This guide outlines the steps to take in preparation for coaching sessions.



Preparation:

- Begin by clarifying your expectations for the upcoming session. Ask the parents what specific areas they would like you to focus on with their teenager. This can be done through email or text message, allowing the parents to communicate their desired outcomes.
- Next, engage directly with the teenager and ask them what they want to work on during the session. Encourage them to reflect on what's working, what's not working, and any questions they have for you. Have them share their thoughts via email or text message before the session.
- As the coaching relationship develops, encourage the teenagers to take increasing responsibility for setting the agenda, fostering a sense of ownership and self-awareness.

Permission:

- Seek permission from the parents to explore specific areas or coaching approaches with their teenager during the session. For example, if you plan to apply more pressure or address certain challenges, obtain consent from the parents beforehand. This helps maintain a respectful and collaborative coaching environment.
- Similarly, ask for the teenager's permission to coach them through specific topics during the session. Discuss your intentions and ensure they are comfortable with the coaching approach. This helps establish trust and active participation from the teenager.

Practice:

- Assess the readiness of the teenager and parent for the session. Use a rating system, such as a scale of 1 to 10, to gauge their level of readiness, engagement, and commitment.
- Evaluate their mental preparedness and enthusiasm for the coaching session. Determine if they have put in the necessary effort and are genuinely motivated to actively participate.
- Trust your professional judgment to identify if they are fully prepared and willing to engage. If not, consider how to motivate and encourage their active involvement. Adjust the session content or approach as needed to ensure maximum effectiveness.

Player's Rating:

- Emphasize the importance of adopting a player's mindset and readiness for the coaching session. Encourage them to reflect on their level of preparedness and enthusiasm.
- Ask the teenagers to rate themselves on their readiness to explore, learn, and grow during the session. This self-rating helps them take ownership of their engagement and helps you gauge their commitment.
- Understand that a teenager's rating of readiness may differ from your own expectations. Adapt your approach accordingly, considering their unique perspective and allowing room for growth and development.

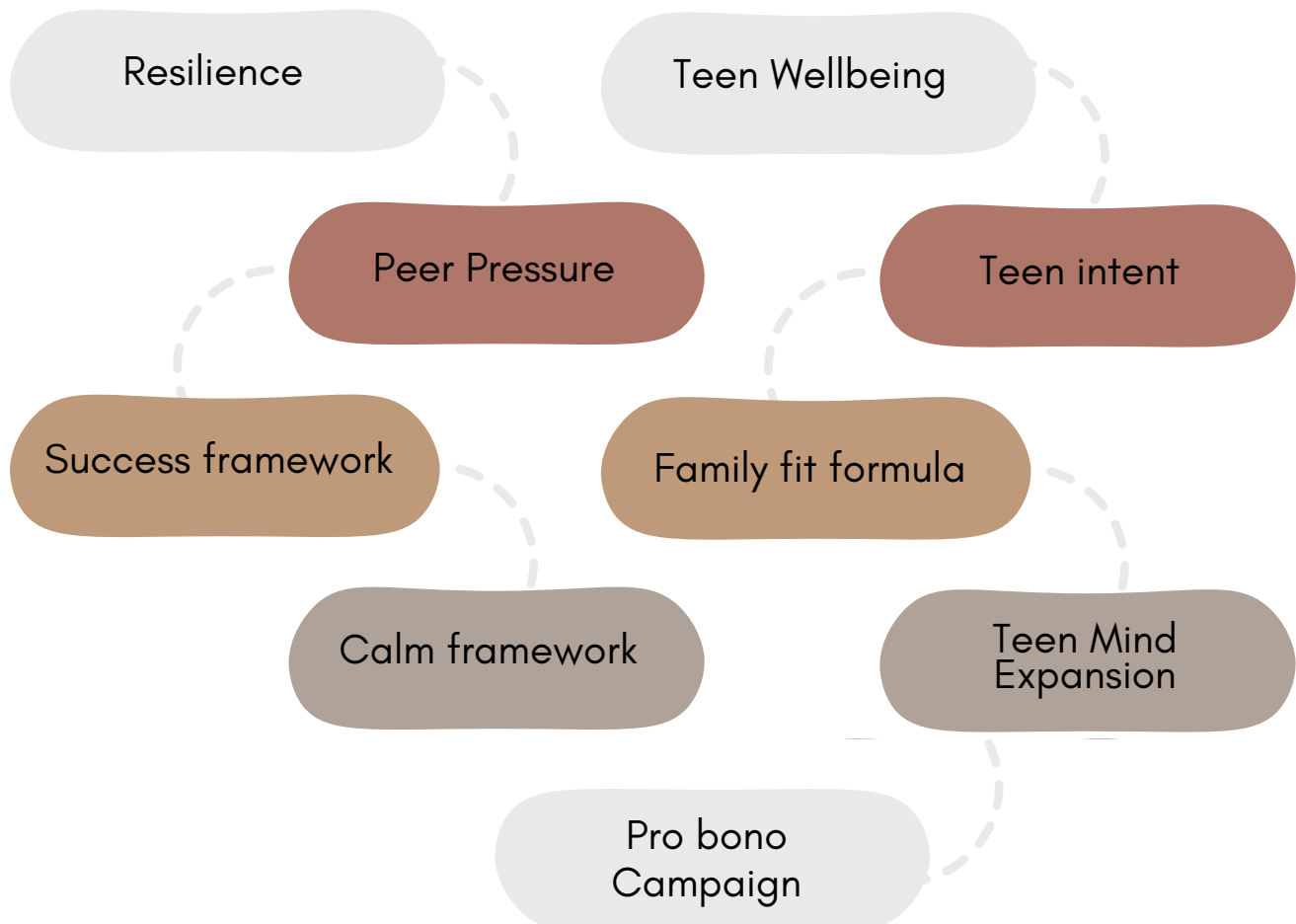


COACHING FRAMEWORKS

Coaching frameworks provide Teen Coach Practitioners in the Teen Coach Academy (TCA) with valuable guidelines and structures to facilitate effective coaching sessions. In addition to the TEENS Session Guide and Planner, these frameworks are designed to enhance your ability to coach clients through sensitive topics and support them in their personal growth.



The following frameworks covered in this section include:



TEEN RESILIENCE

Resilience is a valuable quality that empowers teenagers to navigate life's challenges with strength and determination. Your role as a Teen Coach Practitioner is to guide and support your clients in developing resilience. This coaching framework focuses on the four key elements of building resilience: support system, self-belief, strategies, and solution.



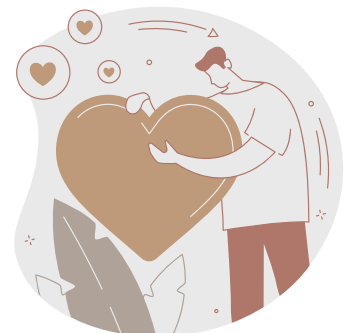
Support System

Support System emphasizes the importance of creating a strong alliance between the teen, their family, and their community. Through powerful coaching questions and activities, you can help your clients identify trusted individuals who can provide support during tough times, explore effective communication strategies, and expand their support network to include additional resources.



Self-Belief

Self-Belief involves shifting the mindset to view adversity as fuel for growth. By asking thought-provoking questions and guiding your client through confidence building activities, you can help your clients reframe challenges as opportunities, recognize their unique strengths and qualities, and foster a sense of meaning and purpose in their struggles.



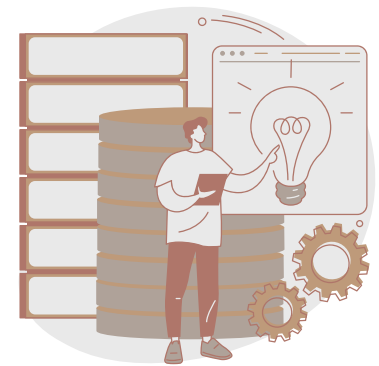
Strategies

Strategies provides relevant coping techniques and coaching tools to boost resilience. Through inquiry, you can explore activities that bring joy and help cope with stress, introduce mindfulness and relaxation techniques, and guide your clients in managing their time effectively and prioritizing self-care practices.



Solution

Solution empowers teens to take action and make positive changes in their lives. By asking powerful coaching questions, you can assist your clients in breaking down their goals, accessing necessary resources and support, holding themselves accountable, and developing strategies to stay motivated and resilient.



INSTRUCTIONS:

Use this coaching framework to help your clients foster resilience, overcome adversity, and navigate their journey towards personal growth and well-being. These powerful questions can be adapted and tailored to meet the unique needs and circumstances of the teens you are coaching.

Support System:

Create an alliance between the teen, their family, and their community to provide ongoing support.

- Who are the trusted individuals in your life that you can lean on for support during tough times?
- How can your family, friends, coaches or mentors contribute to your resilience and well-being?
- In what ways can you communicate your needs to your support system effectively?
- How can you expand your support system to include additional resources or networks that understand your challenges?
- What strategies can you use to actively involve your support system in your journey towards resilience?

Strategies:

Provide relevant coping techniques and coaching tools to boost resilience.

- What activities or hobbies bring you joy and help you cope with stress or difficult emotions?
- How can you incorporate mindfulness or relaxation techniques into your daily routine?
- What strategies can you use to manage your time effectively and balance your responsibilities?
- How can acts of kindness or helping others contribute to your resilience and well-being?
- What healthy habits or self-care practices can you prioritize to support your overall well-being?

Solution:

Empower teens to take action and make positive changes in their lives.

- What small steps can you take today to overcome the challenges you're currently facing?
- How can you break down your long-term goals into smaller, achievable milestones?
- What resources or support do you need to accomplish your goals? How can you access them?
- How can you hold yourself accountable for taking action and making positive changes?
- What strategies can you use to stay motivated and resilient in the face of obstacles?

Reflection and Feedback

Take some time to reflect on your practice and offer feedback on the framework designed to build resilience in teens. Consider the following questions:

- How do you help your teen clients shift their mindset to view adversity as fuel for growth?
- Are there specific techniques or approaches you utilize to help them find meaning and purpose in their challenges?
- What significant results have you observed in the teens you have coached?
- How can you further measure and assess their progress in building resilience?
- What insights or lessons have you learned from coaching teens on resilience?
- How can you apply these learnings to further improve your coaching approach and empower more teenagers to bounce back from adversity?

TEEN PEER PRESSURE

We all feel the effects of peer pressure at times, no matter our age, and because of the unique biological changes that teens are experiencing they are more susceptible and sensitive to peer pressure. Research suggests that as much as 85% of high schoolers have experienced peer pressure in different forms.



Peer pressure is when someone is influenced to engage in a behavior or an activity that they would not ordinarily engage in. It could be positive, negative, or neutral.

Your goal as a Teen Coach Practitioner is to assist and empower your clients in navigating peer pressure and making decisions that align with their true selves, irrespective of popular opinions or the actions of their friends and social circle. This coaching framework revolves around six essential elements:

Variety:

Peer pressure can introduce new behaviors or activities to teenagers, providing them with a sense of variety in their lives. However, this variety can be positive or negative depending on the influence and impact it has on the individual.

Significance:

Teenagers often seek significance through peer pressure, wanting to be recognized and accepted by their peers. They may engage in certain behaviors or activities to gain popularity or maintain their social standing within a group.

Connection:

Peer pressure revolves around the need for connection. Teenagers may feel compelled to conform to their peers' expectations to maintain social bonds and avoid feelings of isolation or rejection.

Growth:

Peer pressure can influence a teenager's personal growth. It can lead them to try new experiences or adopt certain behaviors that may shape their identity or contribute to their development. However, it's essential to ensure that the growth is positive and aligned with their values.

Contribution:

Peer pressure can also involve encouraging others to engage in certain actions or behaviors. This contribution can be both positive and negative, depending on the intentions and impact it has on individuals and their surroundings.

Certainty:

Peer pressure can create uncertainty for teenagers, as they navigate the desire to fit in while grappling with their own values and beliefs. This uncertainty can lead to stress and anxiety as they try to navigate external expectations and internal conflicts.

Instructions:

Use this coaching framework to help your clients foster strength and confidence in themselves and to resist negative peer pressure to make choices that do not align with their true selves or what is best for them. These instructions and powerful questions can be adapted and tailored to meet the unique needs and circumstances of the teens you are coaching.

VARIETY:

Instructions

- Explore the teenager's desire for novelty, change, and excitement in life.
- Encourage them to identify activities and experiences that can fulfill their need for variety in a resourceful manner.

Powerful Questions:

- What are some interests or activities that you have always wanted to try but never have?
- What is one way that you can do to diversify your friend group?
- How can you incorporate more variety into your daily routine to add excitement and freshness?
- What are some new experiences or challenges you've been curious to explore?
- How can you balance the need for stability with the need for variety in your life?

SIGNIFICANCE:

Instructions

- Discuss the teenager's need to feel important, valued, and recognized.
- Help them identify ways to cultivate a sense of significance that aligns with their values and strengths.
- Help them understand the significance of the relationships that they are involved in and which relationships are most important.

Powerful Questions:

- Which relationships in your life are the most important to you? Make a list of the most significant ones. Put a star next to the ones that you want to nurture.
- The most significant relationship that you will ever have in your entire life is the one with yourself. How can you foster your relationship with yourself this week?
- What does significance mean to you? How do you currently seek recognition or validation?
- In what ways can you make a positive impact and stand out in a way that is authentic to who you are?
- How can you balance the desire for significance with the importance of valuing yourself from within

CONNECTION:

Instructions

- Explore the teenager's desire for social interaction, belonging, and intimacy.
- Help them reflect on their current relationships and explore ways to foster deeper connections.

Powerful Questions:

- What is your favorite way to connect with your friend group?
- What is your favorite activity to do by yourself?
- Who are the people in your life that provide a sense of connection and belonging? How can you deepen those relationships?
- How do you maintain meaningful connections with others?
- What actions can you take to enhance your communication and build stronger connections with others?
- How can you create a supportive and inclusive community around you that embraces your true self?

GROWTH:

Instructions

- Discuss the teenager's drive to learn, develop, and expand their capabilities.
- Encourage them to identify areas for personal growth and set meaningful goals.
- Express to your teen client that growth is ok, and a normal, natural part of navigating relationships.

Powerful Questions:

- What skills or knowledge are you eager to acquire or develop? How can you pursue them?
- What challenges or goals excite you and provide opportunities for growth?
- How can you create a mindset of continuous learning and improvement?
- What areas of personal development and growth are important to you? How can you further develop your skills and talents?

CONTRIBUTION:

Instructions

- Explore the teenager's desire to make a positive impact, give back, and contribute to something larger than themselves.
- Help them identify meaningful ways to contribute to their communities.
- Encourage teens to focus on their own contributions to their peer groups. Focusing on their unique accomplishments, interests, and skills may have the effect of helping them stay true to themselves and resist negative peer pressure.

Powerful Questions:

- Think about a time when you felt proud of something that you accomplished. Write about your accomplishment.
- What causes or issues are you passionate about? How can you contribute to them in a meaningful way?
- How can you leverage your skills and talents to create a positive impact on others?
- What opportunities exist for you to contribute and make a difference in your community?

CONTRIBUTION:

Instructions

- Discuss the teenager's need for stability, predictability, and a sense of control.
- Help them explore strategies to find certainty and develop resilience during uncertain times.

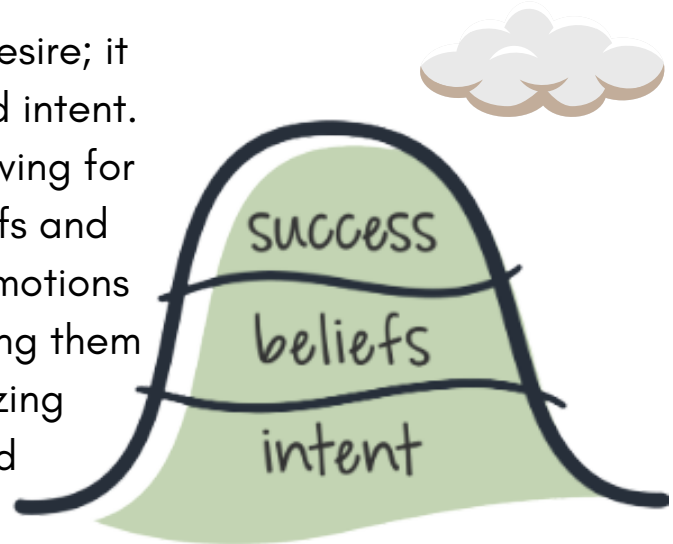
Powerful Questions:

- How do you currently seek certainty in your life, and are there any areas where uncertainty is causing discomfort or anxiety?
- What strategies can you use to find a sense of stability and control during periods of uncertainty?
- How can you develop resilience and adaptability to navigate uncertainties while maintaining a positive outlook?



TEEN SUCCESS FRAMEWORK

Success requires more than just a desire; it demands the right belief system and intent. For teens, parents, and coaches striving for success, instilling empowering beliefs and cultivating a strong drive are key. Emotions play a crucial role, and understanding them is essential for progress. By recognizing these factors and aligning goals and beliefs, teens can thrive.



INSTRUCTIONS:

Imagine coaching clients on a journey towards the pinnacle of success, using a mountain as a metaphor.

- Use the instructions and powerful questions as a framework, helping clients navigate their way up the mountain.
- Customize for each client and their unique circumstances to facilitate a productive and supportive coaching experience.

Step 1: Envisioning Success

Instructions

- Encourage the client to describe their vision of success in detail.
- Ask powerful questions to help them visualize and articulate their desired outcome.
- Explore the potential impact and significance of achieving this goal in their life.

Powerful Questions:

- How do you envision success in your life? Describe it in detail.
- What would achieving this desired outcome mean to you and your future?
- How would your life be different once you have achieved this goal?

Step 2: Empowering Beliefs

Instructions

- Assist the client in identifying their current beliefs about themselves and their abilities.
- Facilitate a discussion to uncover any limiting beliefs that may hinder their progress.
- Guide them in replacing limiting beliefs with empowering ones that support their success.

Powerful Questions:

- What beliefs do you currently hold about yourself and your ability to achieve success?
- Which beliefs support and empower you in reaching your goals?
- What new beliefs can you adopt that will inspire and motivate you on your journey?

Step 3: Exploring Intent

Instructions

- Help the client explore the motivations and reasons driving their pursuit of success.
- Encourage them to reflect on their passions, values, and personal growth in relation to their goals.
- Support them in aligning their intent with their aspirations for a fulfilling and purpose-driven life.

Powerful Questions:

- What is driving your desire for success in this particular area?
- What are the deeper reasons and motivations behind your pursuit of this goal?
- How does achieving this goal align with your passions, values, and personal growth?

Step 4: Embracing Emotions

Instructions

- Explore the emotions associated with the client's desired outcome.
- Encourage them to recognize and leverage these emotions as sources of motivation.
- Help them identify triggers or situations that can activate their empowering emotions.

Powerful Questions:

- What emotions do you experience when you think about your desired outcome?
- How can you use these emotions to fuel your progress and stay motivated?
- What triggers or situations can help you tap into these empowering emotions?

Step 5: Summarize and Action Steps

Instructions

- Summarize the key insights and takeaways from the session.
- Help the client distill their goals, empowering beliefs, and driving intent into actionable steps.
- Encourage them to set milestones and create an action plan to progress towards their desired outcome.

Powerful Questions:

- Based on our conversation, what are the key action steps you can take to move closer to your desired outcome?
- How can you break down your goals into smaller, achievable steps?
- What resources or support do you need to support your action plan?

Reflection and Feedback

Take some time to reflect on your practice and offer feedback on the framework designed to help teens reach the pinnacle of success.

- How effectively did the framework support the needs and goals of your client?
- What were the key strengths of your approach while using this framework?
- What areas do you feel you can further develop or improve to enhance the effectiveness of your coaching sessions?



CALM FRAMEWORK

When a teenager opens up about a sensitive topic, it's important to create a supportive environment where they feel comfortable and safe.

The CALM Framework provides a step-by-step approach to effectively coach teenagers through these conversations.

This framework can be used by coaches, parents, and even shared with other parents in master classes and parent coaching sessions.



INSTRUCTIONS:

Use the instructions and guiding questions as a framework in coaching sessions with clients. Customize them for each client and their unique circumstances to facilitate a productive and supportive coaching experience.

Step 1: Celebrate Them

Instructions

- Take a moment to appreciate and celebrate your client's willingness to open up and seek coaching. For example, express gratitude by saying, "I want to acknowledge and celebrate your courage in sharing your thoughts and challenges with me today."
- Identify specific qualities or progress that you can acknowledge and celebrate in your client. For example, highlight their determination, self-reflection, or commitment to personal growth.

- Create an atmosphere of support and encouragement tailored to your client's needs. For example, assure them, "You are in a safe space where your thoughts and emotions are respected and valued."

Guiding Questions:

- How can you express appreciation for your client's openness and commitment to personal growth?
- What specific qualities or progress can you acknowledge and celebrate in your client?
- How can you create an atmosphere of support and encouragement that resonates with your client?

Step 2: Ask Open-Ended Questions

Instructions

- Encourage your client to provide a detailed account of their challenging situation. For example, say, "Could you share with me in detail what happened and how it has been affecting you?"
- Ask open-ended questions to help your client explore their thoughts, feelings, and perspectives. For example, inquire, "What are your thoughts and emotions surrounding this situation?" or "How do you perceive the impact of this on your life?"
- Promote self-reflection and enhance their self-awareness through thought-provoking questions. For example, ask, "What are some alternative ways to view this situation?" or "How does this align with your core values and aspirations?"

Guiding Questions:

- What happened during your client's challenging situation? How can you encourage them to provide a detailed account?
- How can I ask open-ended questions to help the client explore their thoughts, feelings, and perspectives?
- Which specific questions can you use to promote self-reflection and enhance their self-awareness?

Step 3: Listen

Instructions

- Demonstrate active listening skills to truly understand your client's experiences and concerns. For example, maintain eye contact, nod, and use verbal cues to show your engagement.
- Validate and acknowledge your client's emotions without judgment or criticism. For example, say, "It's understandable that you feel this way given the circumstances. Your emotions are valid."
- Show empathy and create a safe space for your client to share openly. For example, reassure them by saying, "I want you to know that you are in a non-judgmental space. Feel free to express yourself openly and honestly."

Guiding Questions:

- How can you demonstrate active listening to fully understand your client's experiences and concerns?
- How can you validate and acknowledge your client's emotions without judgment or criticism?
- What techniques can you employ to show empathy and create a safe space for your client to share?

Step 4: Make Decisions Together

Instructions

- Present options or strategies to help your client identify potential solutions. For example, ask, "Based on our conversation, what are some possible actions you could take to address this situation?"
- Guide them to consider the potential outcomes and implications of each option. For example, ask, "What do you think would happen if you chose this approach?" or "How does this option align with your long-term goals?"
- Support your client in making a decision that aligns with their goals and values. For example, say, "Let's explore which option resonates best with your aspirations and values. Your decision should ultimately feel right for you."

Guiding Questions:

- What options or strategies can you present to your client to help them identify potential solutions?
- How can you guide your client to consider the potential outcomes and implications of each option?
- Which questions can you ask to support your client in making a decision that aligns with their goals and values?

Reflection and Feedback:

After each coaching session, take some time to reflect on your practice and provide feedback to yourself. Consider the following questions:

- What did you observe about the client's engagement and responses during the CALM practice in this coaching session?
- How did the CALM framework contribute to creating a safe and supportive coaching environment in this situation?
- What insights or realizations did you gain during the session about the client's challenge and potential solutions?
- How can you further enhance your application of the CALM framework in future coaching sessions?

TEEN WELLBEING

The Teen Wellbeing Framework supports and promotes the wellbeing of teenagers by addressing their diverse needs and challenges during adolescence. It examines multiple dimensions of wellbeing and guides coaches, educators, and parents in assessing and supporting teenagers. The goal is to enhance overall happiness and quality of life by facilitating positive growth.



DIMENSIONS

Emotional Wellbeing:

Focuses on teenagers' feelings, emotions, and belief systems. Helping them recognize and express their emotions is vital, as many teenagers struggle in this area.

Cultural Wellbeing:

Relates to the cultural dynamics and values that teens' were raised with, shaping their perspectives and morals. Understanding their upbringing and cultural norms around mental health is important, as approaches can vary.

Physical Wellbeing:

Encompasses aspects like nutrition, sleep patterns, hydration, fitness levels, and body image. Feeling good both internally and externally can enhance confidence, and teenagers often care about their appearance.

Spiritual Wellbeing:

Involves beliefs, sense of belonging, relationships, family, community, and values. Considering their spirituality, including faith-based aspects, is crucial as it influences overall wellbeing.

Social Wellbeing:

Emphasizes the importance of friendships and a sense of belonging for teenagers. Sometimes, they may compromise their values to fit in, so promoting healthy social interactions is beneficial.

Economic Wellbeing:

Considers socioeconomic status, family background, and future career aspirations, which impact a teenager's self-identity and goals.

POWERFUL QUESTIONS

Here are some powerful questions coaches can ask teen clients to explore each dimension of wellbeing within the framework:

Emotional Wellbeing:

- How are you feeling right now?
- What emotions are present for you?
- What helps you feel better when you're feeling down or stressed?
- Is there anything you'd like to express or talk about regarding your emotions?

Cultural Wellbeing:

- What cultural traditions or values are important to you and why?
- Have you ever felt like you didn't fit in culturally?
- How did that make you feel?
- How can you celebrate and honor your cultural identity?

Physical Wellbeing:

- How would you describe your eating habits?
- Do you feel energized and nourished?
- How well are you sleeping?
- Do you have a routine that supports restful sleep?
- How do you feel about your body?
- Is there anything you'd like to change or improve?

Spiritual Wellbeing:

- What gives your life meaning and purpose?
- What beliefs or values are important to you?
- How do you connect with something greater than yourself, whether it's through nature, art, or personal reflection?
- What practices or rituals help you feel grounded and at peace?

Social Wellbeing:

- Who are the people you feel most comfortable and supported around?
- How do they make you feel?
- How do you communicate your needs and boundaries in your relationships?
- Are there any challenges or conflicts in your social life that you'd like to address?

Economic Wellbeing:

- What are your dreams and aspirations for your future career or job?
- How do you handle money?
- Do you feel confident in managing your finances?
- Are there any steps you can take now to work towards your financial goals?

Reflection and Feedback

Take some time to reflect and provide feedback on how the Wellbeing framework has influenced your coaching process. Consider the following questions:

1. How has the Wellbeing framework enhanced your coaching approach with clients?
2. What shifts or positive changes have you noticed in your clients' happiness, satisfaction, or overall quality of life as a result of using the Wellbeing framework?
3. What feedback are you receiving from teenagers regarding the different dimensions of well-being explored in your coaching sessions?

Resources

Here are some tools that coaches can use to support teenagers in each dimension of wellbeing within the framework:

Emotional Wellbeing:

Mood and Emotion Tracker: Encourage teenagers to keep a daily journal or use a mood tracking app to become more aware of their emotions and identify patterns.

Emotional Scale: Provide a visual scale where clients can rate their emotions on a scale of 1 to 10 and reflect on the reasons behind their ratings.

Coping Strategies Toolbox: Help teenagers create a toolbox of healthy coping strategies such as deep breathing exercises, mindfulness techniques, or journaling prompts.

Cultural Wellbeing:

- **Cultural Identity Worksheet:** Guide clients through a worksheet that helps them explore and reflect on their cultural background, traditions, and values.
- **Cultural Awareness Exercises:** Engage in activities that expose teenagers to diverse cultural experiences, such as attending cultural events, reading literature from different cultures, or engaging in discussions about cultural diversity.

Physical Wellbeing:

- **Wellness Assessment:** Use a physical wellness assessment tool to evaluate various aspects of a teenager's physical health, including nutrition, sleep patterns, exercise habits, and body image.
- **Personal Fitness Plan:** Assist clients in creating a personalized fitness plan that includes specific goals, exercise routines, and strategies for maintaining a healthy lifestyle.
- **Body Image Journal:** Encourage teenagers to keep a journal where they can explore their thoughts, feelings, and perceptions related to body image and self-acceptance.

Spiritual Wellbeing:

- **Values Clarification Exercise:** Help teenagers identify their core values and align their actions and decisions with those values.
- **Gratitude Practice:** Guide clients in developing a gratitude journal or gratitude ritual to foster a sense of appreciation and connection to something greater than themselves.

- **Reflection and Meditation Exercises:** Introduce various spiritual reflection and meditation practices to support teenagers in exploring their inner selves and fostering a deeper sense of spirituality.

Social Wellbeing:

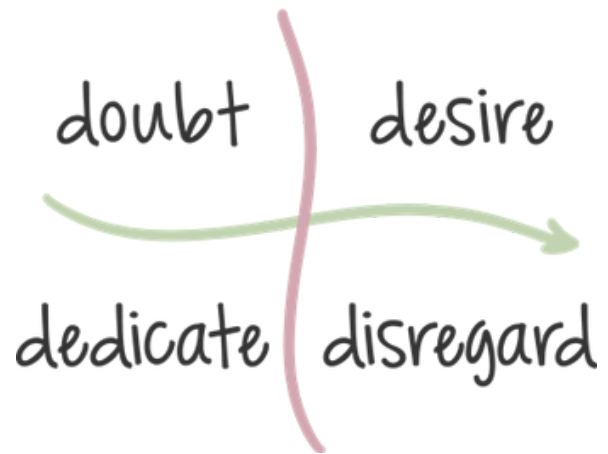
- **Relationship Mapping:** Assist teenagers in creating a visual map of their social connections, identifying key relationships, and assessing their overall quality and supportiveness.
- **Communication Skills Training:** Offer tools and techniques for effective communication, active listening, conflict resolution, and setting healthy boundaries in relationships.
- **Peer Support Group or Mentoring:** Facilitate opportunities for teenagers to engage in peer support groups or mentoring programs where they can connect with others facing similar challenges and receive guidance from positive role models.

Economic Wellbeing:

- **Career Exploration Activities:** Provide resources and exercises to help teenagers explore their interests, strengths, and potential career paths.
- **Financial Literacy Resources:** Share educational materials or online tools that can enhance teenagers' understanding of personal finance, budgeting, and long-term financial planning.
- **Goal-Setting and Action Planning:** Guide clients in setting financial goals and developing action plans to achieve them, considering factors such as education, savings, and future employment opportunities.

TEEN INTENT

The essential elements of Teen Intent as a framework for coaches are doubt, desire, dedicate, and disregard. These elements are meant to help teens explore and understand the underlying motivations that drive their emotions and actions.



Your goal as a Teen Coach Practitioner is to assist your clients in uncovering their true intentions and harnessing them for personal growth and success.

INSTRUCTIONS:

- Use the instructions and powerful questions as a framework in helping clients navigate various aspects of their drive and aspirations.
- Customize for each client and their unique circumstances to facilitate a productive and supportive coaching experience.

Step 1: Doubt

Instructions

- Encourage your clients to identify and reflect on moments in their lives when they have experienced doubt or skepticism from others.
- Help them recognize how doubt can serve as a powerful motivator to prove others wrong and achieve their goals.
- Assist them in reframing doubt as an opportunity for growth and self-improvement.

Powerful Questions:

- Whose doubt has had the greatest impact on your life?
- What are some doubts you have about yourself or your abilities?
- How have these doubts influenced your decisions or actions in the past?
- How can you turn self-doubt into a motivator to prove yourself wrong?
- What steps can you take to build self-confidence and overcome doubts in yourself?

Step 2: Desire

Instructions

- Guide your clients in exploring their deepest desires and aspirations.
- Encourage them to dream big and connect with their innermost passions.
- Support them in aligning their actions and decisions with their desires.

Powerful Questions:

- What are your dreams and aspirations for the future?
- What activities or interests make you feel most alive and excited?
- How can you make your passions a bigger part of your life?
- What steps can you take to work towards fulfilling your desires?

Step 3: Dedicate

Instructions

- Guide clients to identify what they are truly dedicated to and passionate about.
- Encourage them to commit themselves to their goals and develop strategies to stay focused and motivated.

Powerful Questions:

- What are you most passionate about in life?
- What goals or dreams are you willing to commit yourself fully to achieving?
- How can you stay focused and motivated even when facing challenges?
- What small steps can you take each day to work towards your goals?
- How can you surround yourself with supportive people who share your dedication?

Step 4: Disregard

Instructions

- Help clients uncover any aspects of themselves or their lives that they may be disregarding or hiding from.
- Encourage self-acceptance and embracing their true selves.

Powerful Coaching Questions:

- Is there any part of yourself or your life that you feel like you're ignoring or hiding?
- What emotions or vulnerabilities have you been avoiding or not addressing?
- How can you practice self-compassion and accept all parts of yourself?
- What steps can you take to be more authentic and true to yourself?
- How can embracing your true self help you grow and thrive?

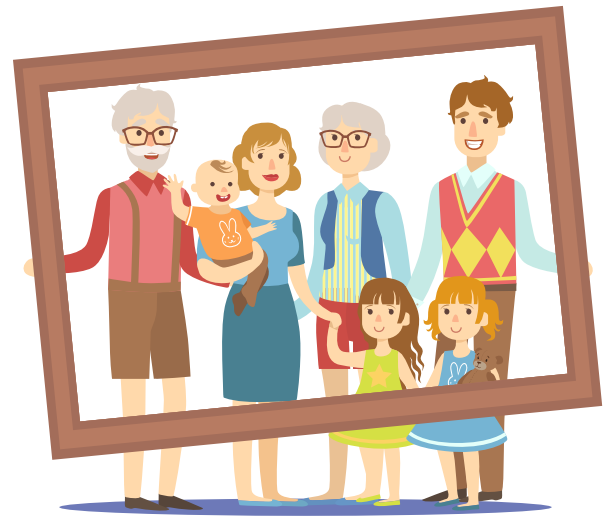
Reflection and Feedback

Take some time to reflect and provide feedback on how the Teen Intent Framework has influenced your coaching process. Consider the following questions:

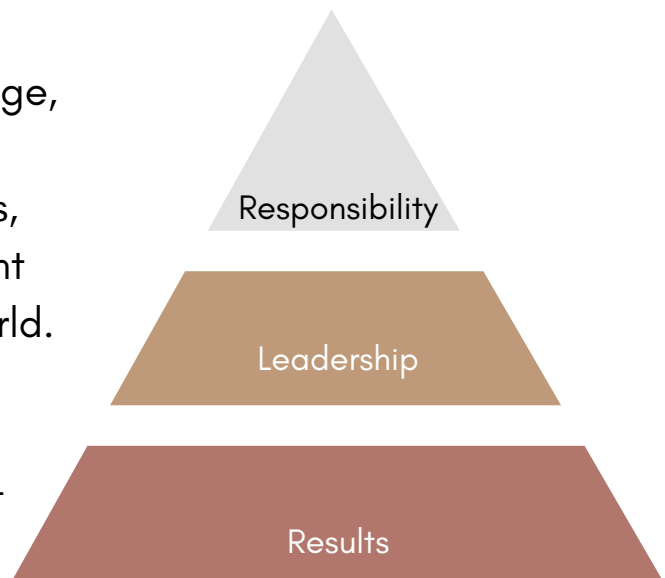
- How has the Teen Intent Framework helped your approach when working with teenagers?
- What specific elements of the Teen Intent Framework have been most effective in facilitating deeper conversations and insights with your teen clients?
- How have you noticed any changes in the mindset, self-awareness, or goal-setting abilities of your teen clients as a result of implementing the Teen Intent Framework?

FAMILY FIT FORMULA

The Family Fit Formula is a coaching framework that focuses on taking responsibility and setting clear expectations. It's about being accountable for our coaching world and always striving to improve. The formula encourages clients to take responsibility for their own actions too.



It helps Teen Coach Practitioners attract clients who are open to change, willing to ask questions, track their progress, have difficult conversations, value health and education, and want to make a positive impact on the world. It's all about being a leader and creating a code of honor that aligns with our values and attracts the right clients.



The formula emphasizes three key outcomes: responsibility, leadership, and results.

1. Responsibility:

The formula promotes the concept of radical responsibility for both coaches and clients.

- Coaches are encouraged to take ownership of their coaching world, continuously improve their skills, and not shoulder excessive blame for their clients' lack of progress.
- Clients are urged to take responsibility for their own actions, work diligently, and actively participate in their own growth and development.

2. Leadership:

The Family Fit Formula recognizes the importance of leadership in the coaching relationship.

- Coaches are encouraged to exhibit leadership qualities by guiding and supporting their clients through difficult conversations, challenges, and personal growth.
- Through embodying powerful leadership, coaches motivate and empower their clients to assume control of their lives and enact beneficial transformations.

3. Results:

The ultimate goal of the Family Fit Formula is to achieve meaningful and transformative results.

- Coaches strive to help their clients achieve their desired outcomes, whether it's improving relationships, enhancing health and wellness, or attaining personal and professional goals.
- The Family Fit Formula aims to generate tangible and enduring results for both coaches and clients by establishing transparent expectations, offering guidance, and cultivating an environment that fosters growth.

COACHS WORKSHEET:

FAMILY FIT FORMULA

Instructions:

Apply the Family Fit Formula during coaching sessions, tailor your interventions to the family's specific needs, and guide them towards growth, responsibility, leadership, and desired results.

Date: _____ **Client(s):** _____

Goals for the Session: _____

Family Fit Formula Components:

Responsibility:

How can you encourage the family to take radical responsibility for their actions, choices, and progress?

What specific questions or exercises can you use to help them acknowledge their role in the situation?

Leadership:

How can you foster leadership qualities within the family dynamic?

What strategies or activities can you introduce to empower parents and teenagers to become effective leaders?

Results:

How can you assist the family in achieving positive outcomes?

What action steps or interventions can you recommend to help them progress towards their goals?

Action Plan:

Identify specific strategies, exercises, or interventions to implement during the coaching session.

Determine follow-up actions for the family to take between sessions.

Outline the key action items for the next coaching session.

Reflection:

Reflect on the effectiveness of the Family Fit Formula components used during the session.

What worked well?

What challenges or obstacles arose and how can you address them in future sessions?

Evaluate the progress made by the family towards their goals.

What notable achievements or improvements have been observed?

Are there any areas that require additional focus or support?

Identify any adjustments or modifications needed for the next coaching session based on the feedback received.

TEEN MIND EXPANSION

Our beliefs have a profound impact on how we think, feel, and act. Unfortunately, many of us carry limiting beliefs that hold us back from reaching our full potential. These beliefs, shaped by past experiences, societal influences, or negativity, create barriers that hinder our progress and limit our possibilities.



Teens experience important changes that impact their development. A positive mindset supports the development of self-esteem, identity, and goals. Conversely, a negative mindset can lead to self-doubt, anxiety, and low self-esteem. Thus, it is crucial to foster a positive mindset and encourage habits that promote positive thinking and emotional well-being in teenagers.

The Teen Mind Expansion Framework aims to assist teens in overcoming self-limiting patterns through a structured approach to mindset development. There are 4 key steps:

1. Identify limiting beliefs:

The first step is to recognize and address the limiting beliefs that teenagers may have. These beliefs can hold them back from reaching their full potential and can manifest as negative thoughts and self-perception.

2. Understand external forces:

External forces refer to the conditioning and environments that teenagers are exposed to, such as family dynamics, schools, peer groups, and substances. These external factors can influence their mindset and identity. It is important to consider these outside influences and their impact on a teenager's growth.

3. Remove resistance:

To expand a teenager's mind, it is necessary to challenge and remove the resistance that may be hindering their progress. This involves helping them break free from negative patterns, beliefs, and behaviors that have been ingrained over time.

4. Introduce new empowering beliefs:

The final step is to introduce new empowering beliefs that promote a positive mindset and identity. Replacing limiting beliefs with empowering ones help teens to develop resilience, confidence, and a growth-oriented mindset. This step involves coaching and guiding them to reframe their thoughts, language, and perception of themselves.

INSTRUCTIONS:

Use the instructions and powerful questions as a framework to guide your clients in transforming their beliefs. These powerful questions can be adapted and tailored to meet the unique needs and circumstances of the teens you are coaching.

Step 1: Envisioning Success

Instructions

- Discuss the concept of limiting beliefs with your client and explaining how they can hold them back from reaching their full potential.

- Ask your client to reflect on their own beliefs and identify any negative or self-limiting thoughts that may be hindering their progress.
- Listen for limiting beliefs, such as “I’m not...”, “I’m a...”, “I couldn’t...”, and for limiting emotions, such as “I’m afraid that...”, “I’m worried that...”, “I feel guilty about...”.
- Encourage them to write down these limiting beliefs and be specific about the areas of their life they affect.

Powerful Questions:

- What are some beliefs or thoughts that you hold about yourself or your abilities that might be holding you back?
- How do these beliefs impact your daily life and the decisions you make?
- Can you identify any patterns or recurring thoughts that contribute to these limiting beliefs?
- What evidence do you have to support or challenge these beliefs? Are they based on facts or assumptions?
- How would your life be different if you didn't have these limiting beliefs?
- What would you gain if you overcame this limiting belief?

Step 2: Examine external forces

Instructions

- Discuss with your client the idea that external forces, such as family, school, peer groups, or societal pressures, can influence their mindset and identity.
- Encourage them to reflect on the external forces that may be impacting their beliefs and behaviors.
- Ask your client to identify specific individuals or environments that might be contributing to their challenges or limiting their growth.

Powerful Questions:

- Who are the key people or influences in your life that have shaped your current beliefs and mindset?
- How do these external forces affect your thoughts and actions?
- What specific situations or environments can you identify that trigger negative beliefs or behaviors in you?
- What external factors, if any, do you believe are preventing you from realizing your full potential?
- How might your life be different if you were surrounded by more positive and supportive influences?

Step 3: Remove the resistance

Instructions

- Explore strategies with your client for minimizing or removing the negative influence of external forces on their mindset.
- Discuss the importance of creating boundaries and setting clear expectations with individuals or environments that contribute to their limiting beliefs.
- Help them brainstorm ways to distance themselves from toxic relationships or environments, and to seek out more positive and empowering influences.

Powerful Questions:

- What steps can you take to create boundaries with individuals or environments that negatively impact your mindset?
- How can you communicate your needs and expectations to those who contribute to your limiting beliefs?
- Are there alternative environments or communities that you can seek out to surround yourself with more positive influences?
- What resources or support systems can you tap into to help you navigate and overcome the challenges posed by external forces?
- How can you take ownership of your own growth and actively work towards creating a more empowering environment for yourself?

Step 4: Introduce new empowering beliefs

Instructions

- Guide your client in replacing their limiting beliefs with new empowering beliefs that support their growth and success.
- Encourage them to create affirmations that counter their old beliefs and reinforce positive self-talk.
- Help them develop a mindset of possibility and resilience, focusing on their strengths and capabilities.

Powerful Questions:

- What empowering beliefs would you like to adopt that will support your growth and success?
- How can you reframe your old beliefs to create new, more empowering perspectives?
- What affirmations can you create to reinforce your new empowering beliefs?
- How can you integrate these new beliefs into your daily life and make them a natural part of your mindset?
- What actions can you take to reinforce and validate your new empowering beliefs?

PRO BONO CAMPAIGN

Running a pro bono campaign can be a powerful way to attract new clients, build authority, and generate revenue in the long term. Offering free coaching services to parents in exchange for reviews, referrals, and/ or testimonials, can establish your credibility in the market and lay the foundation for future paid engagements.



This framework will guide you through the steps of running a successful pro bono campaign.

Step 1: Establish Authority

To begin your pro bono campaign, focus on generating authority and showcasing your expertise.

- Share an **influencer post** on your profile to highlight your expertise and establish credibility in the coaching field. This post should resonate with your target audience and position you as a credible source of support for parents.

Step 2: Call to Action (CTA) Announcement

After allowing time for your authority-building post to gain traction, make a CTA announcement. This announcement serves as an invitation for parents to participate in your free program.

- Craft a compelling CTA message that clearly communicates the benefits and outcomes they can expect from joining your program.

An example of a CTA post:

I'm looking for 5 Coaches who want to create a program curriculum right now to join my 5-Day Program for FREE! No catch, just a review if you receive value. YOU IN?

Step 3: Choose Your Candidates

Once you have made your CTA announcement, select your top **5 to 10 candidates** for one-on-one or group coaching.

- If you have a significant following, you can increase the number of participants accordingly.
- For the master class option, invite a larger group of parents to join. Be mindful not to overwhelm yourself with too many candidates.

Step 4: Qualify and Schedule Candidates

For one-on-one coaching pro bono candidates, engage them in direct messaging (DM) to qualify their suitability for your program.

- Use a pre-existing DM script to transition them to a consultation. This step is crucial for ensuring that you allocate your time and resources effectively to the most qualified prospects.
- During the consultation, provide them with a questionnaire to gather detailed information about their circumstances and coaching objectives.
- If they qualify, offer them a spot in your program and provide them with details.

For master class participants, engage them in direct messaging (DM) to qualify their suitability for your program.

- Use a pre-existing DM script to transition them to registration for the group program.
- Provide them with the questionnaire to gather information about their challenges, aspirations, and areas of focus.
- If they qualify, offer them a spot in your program and provide them with details.

The Parent DM Sequence

Hi (name)... Thanks for expressing interest in my free parent pilot program... Do you mind if I ask you a few questions to learn more about you and see if we're the right fit?

OPTION 1: *Great, to save us typing here..May I send through a short parent questionnaire for you to fill out for yourself? (Wait for reply). Thanks! It will take about 5 minutes to complete. Here you go: (insert link).*

OPTION 2: *Ask the qualifying questions in the DM. Time? Goals? Challenges? etc..*

Pro Bono Details

Thanks for that! So what I can see is that XXXX is currently a problem or challenge for you right now.. I'd like to offer you a free spot inside my upcoming program so I can help you with that... [TRANSITION]

OPTION 1 - It runs for 5 days and includes 3 coaching calls with myself. How does this sound?

OPTION 2 - Great, may I drop the details down here for you? Awesome.. here it is [link] Once you view that do you mind letting me know if you're in, or have any Q's? (Continue the DM to answer any questions your parent prospects ask. Gather the data to handle objections).

Step 5: Nurture Waitlist

If a candidate does not qualify for one-on-one coaching or the master class, place them on a waitlist for potential future opportunities. This allows you to maintain a connection with these parents and potentially re-engage them later when circumstances align better.

Step 6: Facilitate the Program

Once you have offered participants a spot in the group coaching program or in one-on-one coaching sessions, facilitate the program over a span of five days or run as a Master Class. Here's an example of how you structure 5 days (1:1 or Group) of coaching.

Day 1 (Mon)	Day 2 (Tues)	Day 3 (Wed)	Day 4 (Thurs)	Day (Fri)
Topic + Action Steps	Break	Topic 2 + Action Steps	Break	Topic 3 + Action Steps

Step 7: Gather Reviews

At the conclusion of the program, request reviews from the participants as a form of social proof.

- Emphasize that providing a testimonial is a way they can show their appreciation for the value they received during the free program. These reviews will enhance your credibility and attract future paying clients.

Review Ask

To be requested on the LAST CALL, not after. As your client is in state now.

*Hey (name)... Towards the end of today's call, is it okay for you to provide me with a Review to share about your experience and results during our time together? Awesome, here is a testimonial framework you can use as well to make things easier. **Encourage them to film a 1 minute video testimonial*

Review Framework

Thank you to [Teen Coach Name] who is... I just completed their coaching program and it was... Before the program I was... Now after the program I am... I would recommend this because...

Step 8: Conduct a Bow Tie Call

Conduct a bow tie call, which serves as a progress and completion call with each participant. During this call, review their experience, discuss their progress, and schedule next steps. This call also provides an opportunity to initiate the resign conversation, which is crucial for transitioning from the pro bono phase to a potential upgrade. Your goal is to resign 3-5 members into a 3M or 6M coaching program.

Parent Bow Tie Call

Celebrate progress Lock in 90 Day Plan Ask for the Resign Handle Objections Present 3M or 6M Coaching Program

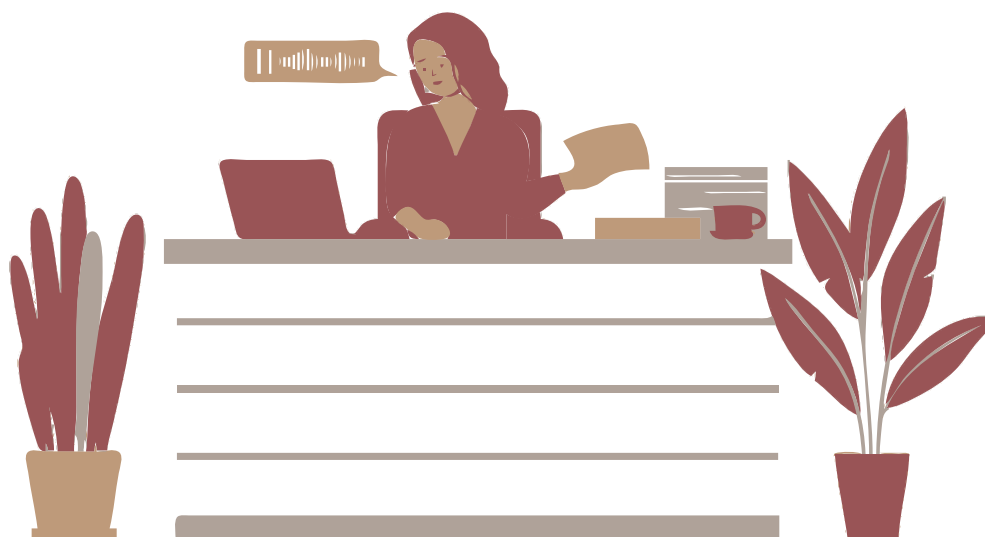
COACHING PROCESS & PROCEDURES

Coaching Process & Procedures provide Teen Coach Practitioners in the Teen Coach Academy (TCA) with valuable insights and guidelines. In this section, we cover a range of important topics related to critical aspects of the coaching process, such as coaching sensitive issues, mandatory reporting, coaching competencies, and evaluating coaching skills.



The following topics covered in this section include:

- Coaching Sensitive Topics
- Mandatory Reporting
- Teen Coaching Competencies
- Rubric for Evaluating Coaching Competencies



COACHING SENSITIVE TOPICS

What are sensitive topics teens commonly face?

Mental Health Challenges:

This includes anxiety, depression, self-esteem issues, and stress management.

Identity Exploration:

Teens may grapple with questions related to their gender identity, sexual orientation, and cultural or ethnic background.

Relationship Issues:

Friendships, romantic relationships, and family dynamics can present challenges and require guidance.

Substance Abuse:

Teens may encounter temptations and struggles related to substance abuse, such as drugs or alcohol.

Academic Pressure:

Pressures to succeed academically, manage time effectively, and cope with performance expectations can be overwhelming.

What is the role of the Teen Coach Practitioner when there are sensitive topics?

When it comes to sensitive topics, the role of the Teen Coach Practitioner is to provide a safe and supportive space for the client. The Teen Coach Practitioner listens deeply, asks thought-provoking questions, and partners with the client to encourage a forward focus. The aim is to empower the client to discover their own answers and maximize their personal potential.

What are different approaches to handling sensitive topics?

The coaching process taught during Practitioner certification applies to sensitive topics. As you advance your skills in Practitioner, you'll learn to listen attentively to your clients - hearing more than their words, noticing body language, tone of voice, and pauses. This heightened awareness will help you deeply understand and connect with your teen clients, making your coaching sessions far more effective in addressing sensitive topics. You'll ask questions to deepen understanding and rephrases to ensure clarity.

However, when dealing with sensitive topics, the tone, pace, and choice of questions may be adjusted to suit the client's comfort level and emotional state.



How can a Teen Coach Practitioner best support the client?

While coaches may feel inclined to share their own experiences, it is important to do so sparingly and solely for the benefit of the client. The sharing should be brief and simple, with the coach quickly transitioning back to focusing on the client. Offering advice is not within the realm of coaching. Instead, the coach should prioritize active listening, care, and support, allowing the coaching process to guide the client towards their own insights and solutions.

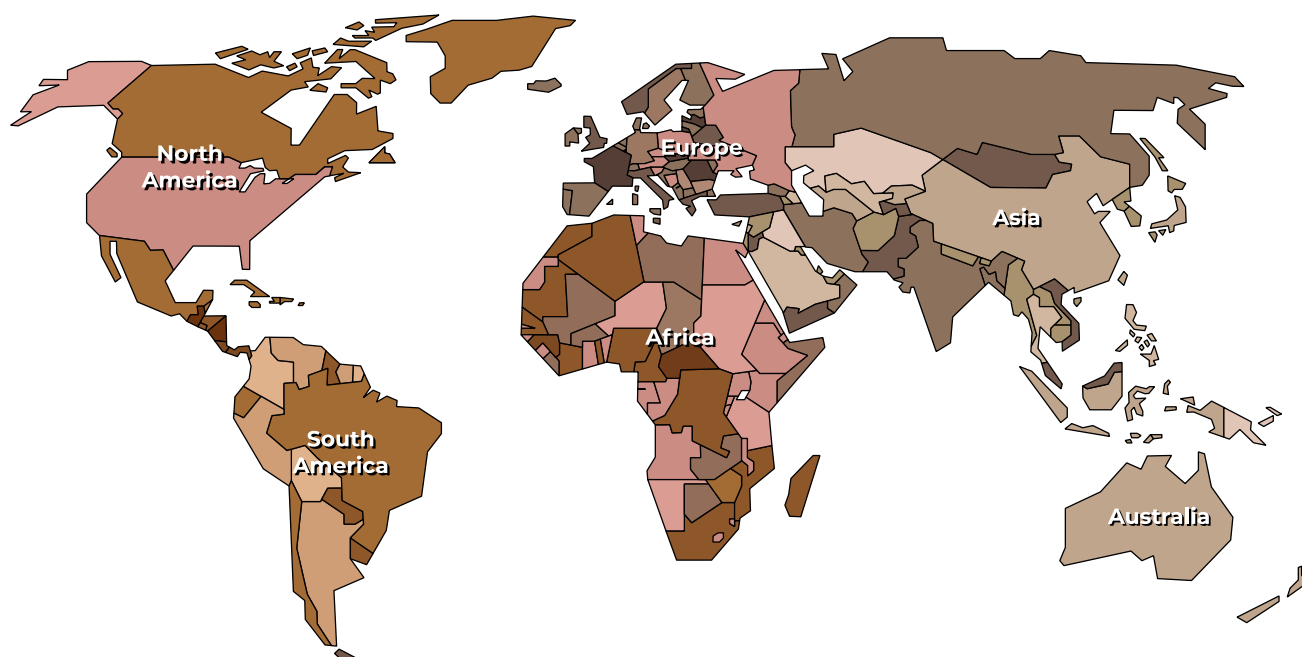
How does Practitioner provide support and guidance for coaches when addressing sensitive topics in their coaching practice?

The Practitioner certification equips Teen Coach Practitioners with specialized skills and knowledge to effectively address sensitive topics with teens. Coaches gain insights into the challenges teens commonly face, such as mental health, identity exploration, relationships, substance abuse, and academic pressure. They learn enhanced communication skills like active listening and empathy to create a safe space for teens to express themselves. With this understanding and skill set, Practitioners navigate sensitive conversations, offer valuable guidance, implement coaching frameworks and help teens overcome challenges. The certification empowers Teen Coach Practitioners to make a positive impact on teens' personal growth and well-being.



UNIVERSAL DOCUMENT FOR MANDATORY REPORTING

As a Teen Coach Practitioner, you are in a unique position to support and guide teenagers through some of the most formative years of their lives. In this role, it is important to be aware of your responsibilities when it comes to reporting concerns that may arise during your work with your clients.



Mandatory reporting laws vary depending on your location, but they all share the common goal of ensuring the safety and well-being of young people. As such, it is important that you are familiar with the specific reporting requirements in your country and state if applicable.

Below is a general overview of the types of situations that typically require mandatory reporting, but it is by no means exhaustive. It is always best to consult with a legal expert in your country to ensure that you are complying with all relevant laws.

Child abuse and neglect:

In many countries, coaches are mandatory reporters of child abuse and neglect. This can include physical, sexual, or emotional abuse, as well as neglectful behavior by parents or guardians. If you suspect that a young person is being abused or neglected, it is your legal duty to report your concerns to the appropriate authorities.

Self-harm and suicidal ideation:

If a young person under your care expresses thoughts of self-harm or suicide, it is important to take these concerns seriously. In many countries and states, coaches are required to report these concerns to the appropriate authorities, such as a mental health professional or emergency services.

Domestic violence:

If a young person you are working with is experiencing domestic violence, it is important to report your concerns to the appropriate authorities. This can include physical or emotional abuse by a partner or family member.

Substance abuse:

In some countries and states, coaches are required to report concerns about substance abuse by young people to the appropriate authorities. This can include the use of illegal drugs, prescription drugs, or alcohol.

Mandatory reporting laws exist to protect young people, and failure to report concerns can result in serious consequences. You play an important role in the lives of the young people you work with, and it is essential that you are aware of your reporting obligations.

UNITED KINGDOM

In the United Kingdom, mandatory reporting laws are designed to protect children and vulnerable adults from abuse, neglect, and exploitation. These laws apply across England, Scotland, Wales, and Northern Ireland, and require certain professionals, including teen coaches, to report suspected cases of abuse or neglect to the appropriate authorities.

Below is a general overview of mandatory reporting laws in the UK:

1. Who is required to report:

Mandatory reporting laws in the UK apply to anyone who works with children or vulnerable adults in a professional capacity, including teen coaches, teachers, doctors, nurses, social workers, and other health and care professionals.

2. What must be reported:

Professionals are required to report suspected cases of physical abuse, sexual abuse, emotional abuse, neglect, and exploitation of children and vulnerable adults.

3. How to make a report:

Reports can be made to the local authority social services department or to the police, depending on the circumstances of the suspected abuse or neglect. In England, there is also a dedicated NSPCC helpline for reporting child abuse or concerns about a child's welfare.

4. Penalties for failure to report:

Failure to report suspected abuse or neglect can result in civil and criminal penalties, including fines and imprisonment.

UNITED STATES

The Federal Child Abuse Prevention and Treatment Act requires each state to have procedures surrounding mandatory reporting of suspected cases of abuse or neglect, including processes for reporting, criteria for reporting, and which professionals are required to report. Details will vary by state and Teen Coach Practitioners are urged to research the specific rules and requirements in the state or states where you coach.

Below is a general overview of mandatory reporting laws in the US:

1. Who is required to report:

Mandatory reporting laws generally apply to anyone whose occupations include regularly interacting with children such as social workers, teen coaches, teachers and school professionals, physicians, nurses and healthcare professionals, counselors, therapists and other mental health professionals, child care providers, medical examiners, and law enforcement personnel. Some states have additional categories.

2. What must be reported:

Professionals are required to report suspected cases of physical abuse, sexual abuse, emotional abuse, neglect, and exploitation of children and vulnerable adults.

3. How to make a report:

Again, states vary in their requirements, but typically a reporter must report the suspected abuse to the head of their institution, who is then required to make a report to child protective services or whatever the local equivalent is.

4. Penalties for failure to report:

Failure to report suspected abuse or neglect can result in civil and criminal penalties, including fines and imprisonment.

AUSTRALIA

The specific legislation and requirements for mandatory reporting vary across different states and territories in Australia. Each jurisdiction has its own Child Protection Act or similar legislation that outlines the obligations and reporting criteria. It's crucial to consult the legislation applicable to your specific jurisdiction for detailed and up-to-date information.

Below is a general overview of mandatory reporting laws in Australia:

1. Who is required to report:

Mandatory reporting laws apply to people working in the following professions; registered medical practitioners, nurses, midwives, registered teachers and early childhood teachers, school principals, school counsellors, police officers, out of home care workers (excluding voluntary foster and kinship carers), early childhood workers, youth justice workers, registered psychologists, people in religious ministry.

2. What must be reported:

A child may be in need of protection if they have experienced or are at risk of significant harm, and their parents have not protected, or are unlikely to protect them from that harm. Significant harm may relate to: physical injury, sexual abuse, emotional or intellectual development, physical development or health, and abandonment or parental incapacity.

Mandatory reporters are required to report in relation to significant harm as a result of physical injury or sexual abuse. They may choose, as can anyone, to report in relation to other types of significant harm.

3. How to make a report:

To make a report, you should contact the child protection intake service covering the local government area (LGA) where the child normally resides.

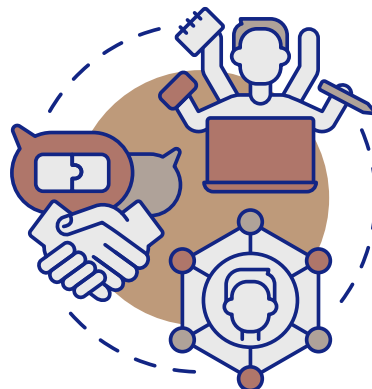
4. Penalties for failure to report:

Make a report to Child Protection as soon as practicable after forming your belief. Make a report each time you become aware of any further reasonable grounds for your belief. The penalty for failing to make mandatory report is 10 penalty points .



TEEN COACHING COMPETENCIES

Teen Coaching Competencies refer to the knowledge, skills, and abilities required for effective coaching, and they provide a framework for measuring progress and success.



TCA'S COACHING COMPETENCIES

Building rapport

Building rapport refers to the ability to establish and maintain a positive and trusting relationship with a client. It involves developing a connection with the client based on mutual respect, trust, and understanding.

Active listening

Active listening refers to the ability to fully engage with a client during a coaching session, with the aim of understanding and responding appropriately to their concerns, needs, and goals. It involves listening attentively to the client's words, tone, and non-verbal cues, and using effective questioning techniques to clarify and deepen the client's understanding of their situation.

Creating Actionable Steps

Creating Actionable Steps refer to the ability to guide clients in developing specific, measurable, achievable, relevant, and time-bound (SMART) goals, and helping them to identify and take concrete actions towards achieving those goals.

Session structure

Session structure refers to the ability to design and implement a structured coaching session that is tailored to the needs and goals of the client. It involves planning and organizing the session, setting clear goals and objectives, and using effective questioning and feedback techniques to guide the client towards their desired outcomes.



RUBRIC FOR EVALUATING COACHING COMPETENCIES

Instructions:

This rubric is designed to evaluate the performance of a coach during a 1:1 coaching session. It should be provided to teen coaches and observers before the session.

After completing the evaluation, the observer should review the form with the coach, provide feedback on their performance, and discuss strategies for improvement in areas that need improvement.

Criteria:

- For each competency, there are 10 indicators.
- Review the 10 indicators for each competency and assess whether they have been met.
- For each indicator that has been met, tick the corresponding box.
 - If the coach has met more than 5 indicators, they have achieved competency.
 - If the coach has met 5 or fewer indicators, additional actions or improvements may be necessary.

EVALUATION FORM FOR OBSERVATION:

COACHING SESSION

COACH'S NAME: _____

DATE OF OBSERVATION: _____

OBSERVER'S NAME: _____

TIME OF OBSERVATION: _____

Competency 1: Building Rapport

Indicators Tick the box if met:

- Demonstrates empathy and understanding towards the client's situation.
- Listens actively to the client's concerns and communicates effectively.
- Establishes a positive and trusting relationship with the client.
- Adapts their communication style and approach to match the client's needs.
- Shows respect and sensitivity towards the client's cultural background, values, and beliefs.
- Creates a comfortable and safe environment for the client to share personal information.
- Establishes clear expectations and boundaries for the coaching relationship.
- Demonstrates warmth and encouragement towards the client.
- Infuses humor and fun into the coaching session to create a relaxed and enjoyable atmosphere.
- Motivates and supports the client to achieve their goals.

TOTAL MET: _____

COMMENTS: _____

Competency 2: Active Listening

Indicators Tick the box if met:

- Makes eye contact with the client while they are speaking.
- Maintains an open and attentive body posture during the session.
- Avoids interrupting the client while they are speaking.
- Paraphrases and summarizes the client's words to ensure understanding.
- Asks powerful and clarifying questions to gain a deeper understanding of the client's situation.
- Reflects back the client's emotions, showing empathy and understanding.
- Remains focused on the client and their communication throughout the session.
- Responds to the client's verbal and non-verbal cues with appropriate follow-up questions.
- Makes the client feel heard, understood, and validated through active listening.
- Responds to the client's communication with appropriate verbal and nonverbal cues.

TOTAL MET: _____

COMMENTS: _____

Competency 3: Creating Actionable Steps

Indicators Tick the box if met:

- Helps the client to identify specific and measurable goals.
- Guides the client in breaking down their goals into smaller, achievable steps.
- Helps the client to prioritize their goals and action steps.
- Assists the client in developing a timeline for completing their goals and action steps.
- Helps the client to identify potential obstacles and challenges that may arise and develops strategies to overcome them.
- Encourages the client to take ownership of their goals and action steps.
- Assists the client in developing a plan of action for each step.
- Helps the client to monitor their progress towards their goals.
- Provides regular feedback and encouragement to the client.
- Empowers and motivates the client to take action towards their goals.

TOTAL MET: _____

COMMENTS: _____

Competency 4: Session Structure

Indicators Tick the box if met:

- Begins the session with an introduction and a clear agenda.
- Reviews the client's goals and progress from previous sessions.
- Helps the client to set specific and measurable goals for the current session.
- Provides a clear and concise explanation of the coaching process.
- Establishes a relaxed and positive atmosphere that encourages open communication.
- Uses appropriate frameworks and effective questioning techniques to help the client gain insight and clarity.
- Helps the client to identify their strengths and areas for improvement.
- Assist the client in developing strategies and action plans to achieve their goals.
- Provides feedback and encouragement throughout the session.
- Ends the session with a summary of key points and agreement on action steps.

TOTAL MET: _____

COMMENTS: _____

COACHING FORMS & TEMPLATES.

Coaching Forms & Templates are essential tools that provide structure and efficiency in the coaching process. This section covers forms and templates, for coaches to reflect on their skills, powerful questions to stimulate insightful conversations, client feedback forms to gather valuable input, and self-reflection templates for coaches and clients.



The following forms and templates covered in this section include:

- Self-Assessment
- Powerful Questions
- F.E.E.D.B.A.C.K Coaching Client Feedback Guide & Sample Form
- C.O.A.C.H Teen Coach self-reflection template
- THRIVE Coaching Client Self-Reflection Template



SELF-ASSESSMENT TOOL

Developmental assets are positive experiences and supports that help teenagers thrive. The checklist below will help you evaluate your practices as a Teen Coach Practitioner and improve your ability to guide teens toward growth and success. Tick the box for each item that applies to your coaching practices.



TO PROVIDE SUPPORT:

- I regularly provide constructive feedback to teens on their progress and efforts.
- I create opportunities for teens to communicate and collaborate with their parents or guardians.
- I model healthy and positive interactions with others during coaching sessions.
- I am available and accessible to teens outside of coaching sessions for additional support.
- I maintain regular communication with parents to keep them informed about the coaching progress.
- I create a safe and supportive environment in coaching sessions that fosters trust and growth.

TO ESTABLISH CLEAR BOUNDARIES:

- I communicate clear expectations for behavior and conduct to teens and their parents.
- I respect and appreciate the values and perspectives of both teens and parents.
- I invite parents to be involved in coaching sessions or participate in teen meet-ups.
- I consider teens' commitments and obligations outside of coaching when planning activities.
- I encourage collaboration and teamwork among teens to enhance their social skills.

TO EMPOWER:

- I encourage and support teens' engagement with community organizations and initiatives.
- I emphasize the importance of developing employability skills and provide guidance in that regard.
- I use interactive techniques that actively involve teens in the coaching process.
- I encourage teens to support and befriend their peers.
- I have established and enforce a zero-tolerance policy for harassment and disrespectful behavior.

TO TEACH POSITIVE VALUES:

- I foster an inclusive coaching environment where all teens are valued and encouraged to contribute their strengths.
- I recognize and appreciate teens who demonstrate kindness and help others.
- I facilitate discussions on relevant global issues during coaching sessions.
- I incorporate discussions on human rights, social justice, and making a positive impact on the world.
- I highlight individuals who have made a positive difference, aligning with the coaching topics.
- I teach and model effective conflict resolution techniques and promote peaceful interactions.
- I encourage teens to express their feelings and guide them in appropriate ways to do so.
- I incorporate cultural differences and diversity into coaching sessions to promote understanding and empathy.
- I expect teens to show respect and consideration for each other.
- I use role-playing exercises and real-life scenarios to develop empathy and understanding.
- I provide appropriate materials to educate teens about healthy relationships and responsible decision-making.

TO FOSTER EDUCATIONAL COMMITMENT:

- I relate coaching content to real-life situations and help teens understand its practical application.
- I utilize a variety of teaching methods to accommodate different learning styles and preferences.
- I provide individual attention and support to each teen throughout the coaching period.
- I discuss educational and career opportunities that are relevant to the coaching subject.
- I set and maintain high standards to challenge and motivate teens.
- I incorporate study skills and strategies into the coaching curriculum.
- I recognize and celebrate different types of achievements, including academic and personal milestones.
- I assign meaningful tasks and hold teens accountable for completing them.
- I collaborate with other coaches or mentors to ensure a balanced workload for teens.
- I maintain effective communication channels with parents to keep them informed about coaching assignments and progress.

TO ENCOURAGE THE STRUCTURED USE OF TIME:

- I incorporate activities related to music, arts, or creativity to emphasize their importance in holistic development.
- I highlight the value of extracurricular activities and encourage teens to explore their interests outside of coaching.
- I encourage teens to learn about and actively participate in community activities and service groups.
- I am considerate of religious holidays and avoid scheduling coaching activities or excessive homework during those times.

TO DEVELOP SOCIAL COMPETENCIES:

- I encourage and support open and honest communication among teens, fostering healthy dialogue and expression.
- I teach and model assertiveness skills, helping teens find their voice while respecting others.
- I design projects and activities that promote critical thinking, problem-solving, and decision-making skills.
- I encourage teens to articulate the reasoning behind their decisions and choices.
- I create a collaborative learning environment that encourages interaction and the development of friendships.

- I guide teens in managing their time effectively and planning their activities.
- I incorporate lessons or activities that require teens to plan and organize their tasks, encouraging autonomy and responsibility.

TO ADVANCE POSITIVE IDENTITY:

- I discuss personal safety and well-being with teens, addressing relevant topics such as online safety and mental health.
- I help teens understand how their actions and choices shape their identity and future prospects.
- I provide constructive feedback, highlighting strengths and areas for improvement in a supportive manner.
- I create a positive and optimistic atmosphere in coaching sessions, fostering a sense of hope and possibility.
- I serve as a positive role model for teens, demonstrating the values and qualities I promote.
- I encourage teens to pursue their dreams, set goals, and support them in their personal growth.

Scoring:

Count the number of checked boxes to determine the extent to which you incorporate these practices into your coaching. The more boxes checked, the more comprehensive and effective your coaching approach is in supporting teen development.

POWERFUL QUESTIONS

As Teen Coach Practitioners, we understand the immense impact of asking powerful questions. They have the potential to break through resistance, stimulate growth, and drive transformative change. So, let's explore the three key ingredients that make a question powerful, using the acronym POP: Precision, Openness, and Provocation.



PRECISION:

Powerful questions are precise and specific, leaving no room for ambiguity. They are clear and focused, targeting a particular aspect or area of exploration. Precision allows for a deeper understanding and facilitates more insightful responses from the person being asked the question. It also helps to focus the conversation and guide the individual towards greater self-awareness and actionable steps.

Example:

"What specific actions can you take in the next 24 hours to move closer to your goal?"

OPENNESS:

Powerful questions are open-ended, encouraging expansive thinking and reflection. They prompt individuals to dig into their thoughts, feelings, and experiences, fostering deeper self-awareness and exploration. Openness allows for a broader range of responses and insights.

Example:

"How do you envision your ideal future, and what steps can you take to bring it closer?"

PROVOCATION:

Powerful questions provoke thinking and stimulate curiosity. They challenge assumptions, beliefs, and limitations, prompting someone to think differently or consider alternative perspectives. Provocation opens up new possibilities and encourages creative problem-solving.

Example:

"If failure were impossible, what bold step would you take right now to accelerate your progress?"



HOW TO MAKE YOUR POWERFUL QUESTIONS POP!

1. Cultivate Precision:

To make your questions pop, it's essential to **cultivate precision**. This means being specific and clear when crafting your inquiries. Identify the precise area of focus and intention behind each question. By doing so, you guide individuals towards actionable insights and steps, enabling them to move forward with clarity and purpose.

2. Embrace Openness:

Embracing openness is another key factor in making your questions POP. Avoid closed-ended questions that restrict responses and encourage limited thinking. Instead, create an environment of exploration and self-discovery. Give clients the freedom to express their thoughts, emotions, and aspirations openly. By doing so, you open up a wealth of possibilities and tap into their inner wisdom and creativity.

3. Spark Provocation:

Provocation is the third ingredient that adds an extra spark to your questions. By challenging assumptions, encouraging fresh perspectives, and igniting innovative thinking, you push individuals beyond their comfort zones. Provoke them to break free from limitations and explore new horizons of potential. This can inspire creativity, critical thinking, and breakthrough solutions that drive actionable change.

POWERFUL QUESTIONS THAT POP

These powerful questions are designed to inspire self-reflection, expand possibilities, and encourage action. Adapt and use this template in your coaching practice to support your clients' growth, exploration, and transformation.

PROVOCATION:

- What specific steps can you take today to move closer to your desired outcome?
- What particular aspect of this situation requires your immediate attention?
- Which specific skills or resources can you leverage to overcome this challenge?
- What support or assistance do you need to achieve your desired outcome?
- What key milestones or checkpoints can you establish to monitor progress?
- Which specific aspects of your performance or approach require refinement?
- What measurable goals can you set to track your progress effectively?
- What information or data do you need to make an informed decision?

- Which exact behaviors or habits can you adopt to create positive change?

OPENNESS:

- How does this situation make you feel?
- What underlying emotions are present?
- What different perspectives could you consider when approaching this issue?
- In what ways does this experience align with your core values and beliefs?
- How might you view this situation differently if you adopted a growth mindset?
- What can you learn from setbacks or failures that will propel you forward?
- How does this challenge fit into the broader context of your life or goals?
- What alternative approaches or strategies have you considered for solving this problem?
- How might this situation look from the perspective of someone else involved?
- What new possibilities could emerge if you let go of preconceived notions?

PROVOCATION:

- If fear were not a factor, what bold actions would you take right now?
- How can you reframe this setback as an opportunity for growth and learning?
- What assumptions or limiting beliefs are holding you back, and how can you challenge them?
- If time and resources were unlimited, what audacious goals would you pursue?
- How can you disrupt your routine to foster innovation and fresh thinking?
- What unconventional solutions or ideas might challenge the status quo?
- If you knew success was guaranteed, what courageous steps would you take?
- What risks are you willing to embrace in pursuit of your aspirations?
- How can you disrupt conventional thinking to find unconventional solutions?

F.E.E.D.B.A.C.K

COACHING CLIENT FEEDBACK GUIDE & SAMPLE FORM

Obtaining client feedback is crucial for your growth, development, and improvement as a Teen Coach Practitioner.

Feedback provides valuable insights into your coaching effectiveness and guides your continuous improvement. This guide introduces the **FEEDBACK** framework—an acronym that outlines key steps for obtaining client feedback effectively.



F - Foster a Feedback-Friendly Environment:

Creating an environment that encourages open communication and feedback is crucial. Consider the following:

1. Establish Trust:

Build a foundation of trust and rapport with your clients to foster a safe and supportive space for feedback.

2. Communicate the Importance of Feedback:

Explain to your clients why their feedback is valuable and how it contributes to their growth and success.

3. Emphasize Confidentiality:

Assure clients that their feedback will remain confidential, promoting their willingness to share honest insights.

E - Establish a Feedback Request Strategy:

Develop a strategy for requesting and obtaining feedback from your clients. Here's what you can do:

1. Define Feedback Goals:

Determine the specific areas or aspects you want to gather feedback on, such as coaching techniques, session structure, or overall coaching experience.

2. Choose the Right Timing:

Identify suitable moments to request feedback, such as after significant milestones, at the end of sessions, or through periodic feedback surveys.

3. Select Feedback Methods:

Consider using a combination of methods, such as one-on-one feedback discussions, written surveys, or electronic feedback forms, based on your clients' preferences and convenience.

E - Encourage Honest and Specific Feedback:

Encouraging clients to provide honest and specific feedback is essential. Here's how to achieve this:

1. Ask Open-Ended Questions:

Use open-ended questions that prompt clients to share their thoughts, experiences, and suggestions in detail.

2. Choose the Right Timing:

Request specific examples or instances to gain a deeper understanding of clients' perspectives and experiences.

3. Encourage Balanced Feedback:

Encourage clients to provide both positive feedback to reinforce what's working well and constructive feedback to highlight areas for improvement.

D - Demonstrate Active Listening and Respond Appropriately:

When receiving client feedback, it's essential to listen actively and respond effectively:

1. Practice Active Listening:

Show genuine interest and attentiveness during feedback conversations, focusing on understanding the client's perspective without interrupting or becoming defensive.

2. Seek Clarification:

If you need further clarification or additional context, ask open-ended questions to gain a clearer understanding of the client's feedback.

3. Appreciate and Respond:

Express gratitude for the feedback received, validate the client's perspective, and communicate your plan to address their suggestions or concerns.

B - Benefits of Obtaining Client Feedback for Coaches:

Professional Growth:

Feedback allows you to identify strengths and areas for improvement, supporting your ongoing development as a coach.

Enhanced Coaching Effectiveness:

Client feedback helps you refine your coaching techniques and strategies, leading to more impactful coaching sessions.

Strengthened Coach-Client Relationship:

Actively seeking feedback demonstrates your commitment to your clients' growth, fostering trust and a collaborative coaching dynamic.

Client-Centric Approach:

Feedback helps you tailor your coaching to meet clients' specific needs and preferences, ensuring a personalized coaching experience.

A - Acknowledge Your Preparation:

Before seeking feedback from your clients, consider the following:

1. Reflect on Your Coaching Practice:

Engage in self-reflection to identify areas where you believe you excel and aspects you would like feedback on.

2. Embrace a Growth Mindset:

Cultivate a mindset that views feedback as an opportunity for growth and improvement rather than criticism.

3. Create a Feedback Request Template:

Develop a feedback form or outline specific questions to guide your feedback discussions and ensure consistency in the information you gather.

C - Collect and Analyze Feedback:

Collect feedback from your clients using various methods and tools. Here's how to make the most of it:

1. Gather Feedback:

Implement your feedback request strategy and collect feedback from clients through surveys, discussions, or other means.

2. Analyze Feedback:

Review and analyze the feedback received, looking for patterns, trends, and areas for improvement.

3. Take Action:

Based on the feedback analysis, develop action plans to address the identified areas for improvement and implement changes to enhance your coaching practice.

K - Keep the Feedback Loop Open:

Creating a culture of ongoing feedback and continuous improvement is essential. Here's what you can do:

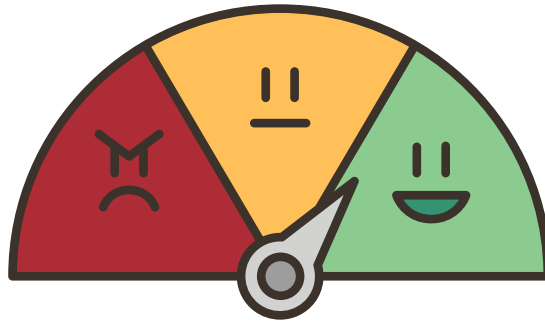
1. Follow Up with Clients:

Engage in follow-up conversations with clients to discuss their feedback, address any outstanding concerns, and communicate the actions taken based on their input.

3. Adapt and Improve:

Use the feedback received to adapt your coaching approach, techniques, and strategies. Implement changes that align with the feedback and contribute to the growth and success of your clients.

CLIENT FEEDBACK FORM



Coaching Session: _____

Date: _____ **Client(s):** _____

Thank you for participating in coaching sessions with me. Your feedback is important in helping me enhance my coaching practice and provide you with the best coaching experience possible. Please take a few moments to share your honest input using the following open-ended questions. Your responses will remain confidential.

1. How do you feel about today's coaching session? Please share any aspects that you found beneficial or challenging.

2. Is there anything that you feel was missed or not addressed during our session today? Please provide specific details or topics that you believe should receive more attention.

3. Reflecting on your overall coaching experience, what progress have you noticed so far?

4. Are there any particular areas where you feel you have grown or achieved positive outcomes?

5. Did anything unexpected come up for you during our session today? If so, please elaborate on the thoughts, insights, or breakthroughs that emerged.

6. What can we do together to ensure you get the most out of our coaching relationship?

7. Are there any specific areas or techniques you would like us to focus on to support your growth and development?

Your feedback is greatly appreciated and will help me tailor our coaching sessions to better meet your needs and provide a more impactful coaching experience. Thank you for your openness and honesty.

Please feel free to provide any additional comments or suggestions regarding your coaching experience.

Thank you for taking the time to provide your valuable feedback.



C.O.A.C.H

THE TEEN COACH PRACTITIONER SELF-REFLECTION TEMPLATE

Taking time for self-reflection using the C.O.A.C.H template allows you to celebrate successes, identify areas for growth, and continually improve your coaching skills when working with teens and families.

Post-Coaching Session Self-Reflection

C - Celebrate:

- What aspects of the coaching session went well?
- What progress or breakthroughs did the client make?
- What strengths or positive qualities did you observe in yourself as a coach during the session?

O - Opportunities:

- What potential missed opportunities or areas for improvement did you observe in the session?
- What patterns or recurring themes did you notice in the challenges or needs expressed by the teen?
- In what ways could you have utilized coaching techniques or tools more effectively during the session?

A - Adjustments:

- What adjustments or refinements can be made for future coaching sessions?
- What areas do you identify where you can enhance your coaching skills or knowledge?
- How can you better tailor your coaching approach to meet the specific needs of the client?

C - Connection:

- How well did you establish rapport and connection with the client?
- What moments of deep understanding or connection that took place during the session?
- What can be done to strengthen the trust and rapport in future sessions?

H - Honor:

- How did you honor the client's unique perspectives and experiences?
- How did you create a safe and non-judgmental space for the teen to express themselves?
- How can you further honor the teen's autonomy and empowerment in the coaching process?

Post-Coaching Multiple Sessions Self-Reflection

C - Celebrate:

- What positive changes or progress have you observed in the client over the course of the sessions?
- How have the client's goals or aspirations evolved throughout the coaching process?
- What strengths or breakthroughs have you witnessed in the client's journey?

O - Opportunities:

- What potential missed opportunities or areas for improvement did you observe in your coaching approach?
- What patterns or recurring themes did you notice in the client's challenges or progress?
- What additional resources or techniques do you think could have been utilized to enhance the client's experience?

A - Adjustments:

- What adjustments or refinements can be made in your coaching strategy for future sessions?
- What areas have you identified where you can further develop your coaching skills or knowledge?
- How can you better support the client's growth and progress based on their evolving needs?

C - Connection:

- How well did you establish and maintain a strong rapport with the client throughout the sessions?
- What were the significant moments of connection or breakthroughs that you observed in the client-coach relationship?
- How can you deepen the trust and connection with the client in future sessions?

H - Honor:

- How did you honor and respect the client's unique perspectives and experiences?
- How did you create a safe and supportive space for the client to explore and express themselves?
- How can you further honor the client's autonomy and empower them in their coaching journey?

T.H.R.I.V.E.

THE COACHING CLIENT SELF-REFLECTION TEMPLATE

Taking time for self-reflection using the T.H.R.I.V.E. template with your teen and/or parent clients helps you to facilitate effective self-reflection. This will support them in exploring their thoughts, emotions, and experiences after a coaching session(s).

T - Takeaways:

- What were the key insights or learnings from the coaching session(s)?
- What new perspectives or ideas were presented during the session(s)?
- What specific actions or strategies were discussed that resonate with you?

H - Hurdles:

- What challenges or obstacles did you encounter during the session(s)?
- What were some moments of resistance or difficulty that you encountered when exploring certain topics during the coaching session(s)?
- How did you overcome or address these hurdles during the session(s)?

R - Reflection:

- Take a moment to reflect on your overall experience during the session(s).
- How did you feel during the session(s)?
- What emotions or thoughts stood out to you?
- What did you discover about yourself or gain a deeper understanding of?

I - Intention:

- What is your intention or desired outcome for the coaching process?
- How does the session(s) align with your goals and aspirations?
- What specific actions or mindset shifts can you commit to based on the session(s)?

V - Value:

- What value or benefit did you derive from the coaching session(s)?
- How did the session(s) contribute to your personal growth and development?
- What insights or perspectives can you apply to other areas of your life?

E - Empowerment:

- In what ways did the session(s) empower you to take ownership of your growth?
- How do you feel more empowered or inspired after the session(s)?
- What steps can you take to maintain and build upon this sense of empowerment?



Congratulations!

Congratulations on reaching this significant turning point in your journey as a Teen Coach Practitioner.

Completing this manual is a testament to your commitment and passion for making a genuine difference in the lives of teenagers.

With the knowledge and resources you've acquired, you are now equipped to offer invaluable support and empower teens and their families to navigate the challenges they face. Additionally, you have been empowered with the essential tools for coaching sensitive topics, fostering trust, maintaining ethical standards, ensuring client well-being, and upholding the principles of privacy and respect. These factors, combined with the right tools, resources, and skills, are all you need to thrive in your coaching practice.

As you move forward, remember that the manual will always be there as a guiding compass during your coaching journey. Feel free to use and adapt all of the resources and tools that you find therein, and make them your own. It will serve as a trusted companion, ready to provide inspiration, guidance, and practical tools whenever you need them.



