



CURIOUS, CREATIVE, COMPASSIONATE COACHING

The 4 Pillars of Success for Young People

Be empowered to reach your full potential and thrive

Coaching is a process and takes time to identify goals and change habits and mindsets. Through a series of structured workshops and coaching conversations based on the 4 Pillars; personal growth, self awareness and responsibility will develop. The results are transformational, effective and have long term benefits for individuals.

Motivation and Resilience

- How to handle stress, anxiety and overwhelm
- Develop the mastery of problem solving
- Maintain a growth mindset
- Increase self awareness and recognise habits
- Develop greater autonomy and responsibility

Confidence and Self Esteem

- Support self belief and efficacy
- Explore overall sense of value and worth
- Explore success markers and small wins
- Explore assumptions and beliefs

Awareness and Wellbeing

- Focus on your emotional, physical, and mental health
- Explore how to foster Healthy Habits
- Explore what is in your control
- Develop empathy and compassion

Communication and Connection

- Conflict resolution
- Explore open communication
- Build trust and create Safe Spaces
- Recognise Triggers and Habits
- Embrace diversity, culture and values

Young People Today

- 1 in 4 people will experience one kind of mental health problem in the course of the year
- Mixed anxiety and depression is the most common mental disorder in Britain today
- About 10% of children have a mental health problem at any one time
- The UK has one of the highest rates of self harm in Europe: 1 in 10 young people

The Coaching for Development Package

Each school has different, specific needs and students. The package is designed in conjunction with the lead teacher but usually consists of 6 days over half a school year. The 4 essential Pillars of Success remain the same and you can choose to have more group workshops, group coaching or individual coaching sessions. This depends on the cohort, age etc

Student will explore these fundamentals:

1. Greater creative, collaborative thinking and problem solving
2. Greater self awareness, self reflection
3. Effective self management and responsibility
4. Appropriate challenge
5. Positive communication
6. Maintain a psychological safe space to learn, share and be open

1:1

One to one coaching gives young people the opportunity and time to reflect and explore specific, individual needs. As with all coaching it is future focused. These sessions are conducted in a safe and comfortable space where the client is challenged in a supportive and structured way to explore strengths, obstacles and to take action steps. These sessions are transformational and support motivation, well being and performance for the long term.

Small Group Coaching

Group coaching is an excellent opportunity for bonding, collaboration, reflecting and creative problem solving. It is a positive process where the group feels safe, equal and responsible to take action and make lasting changes. It is a supportive process that raises awareness, creates clarity and encourages responsibility and autonomy.