



## Life Coaching Services for Kids

The "6-Week Behavior Boost" program targets one behavior for improvement over six weeks. Through personalized coaching, we empower children to develop healthier habits and thrive in all areas of their lives. Sessions will be conducted either in person or online, with each session lasting approximately 1 to 1.5 hours. Together, let's unlock the potential within each child, inspiring them to embrace positive change and embrace a brighter, more promising future.

### Outcome:

By the end of the "6-Week Behavior Boost" program, participants will demonstrate improved self-awareness, enhanced emotional regulation skills, and a greater ability to make positive choices in various situations. They will develop a deeper understanding of their behavior patterns and acquire practical strategies to manage and modify them effectively. Overall, participants will experience increased confidence, resilience, and a sense of empowerment to navigate life's challenges with resilience and determination.

### Program Objectives:

- ✓ Targeted Behavior Improvement: Focus on enhancing specific behaviors in children over the course of six weeks, promoting positive changes and skill development.
- ✓ Personalized Coaching: Provide individualized support and guidance tailored to each child's unique needs and challenges, fostering a sense of empowerment and self-awareness.
- ✓ Healthier Habits Development: Equip children with the necessary tools and strategies to develop healthier habits, promoting physical, mental, and emotional well-being.
- ✓ Holistic Growth: Foster growth and development in all areas of children's lives, including academic, social, emotional, and behavioral domains, to help them thrive and reach their full potential.
- ✓ Flexible Delivery: Offer sessions both in person and online to accommodate the diverse needs and preferences of children and their families, ensuring accessibility and convenience.
- ✓ Empowerment and Inspiration: Inspire children to embrace positive change, unlock their potential, and envision a brighter and more promising future for themselves, instilling confidence, and resilience.

## **Session Structure:**

1. Program Kickoff (Week 1):
  - Introduction and goal setting.
  - Identifying the behavior to improve.
  - Establishing objectives for the program.
2. Understanding Behavior (Week 2):
  - Exploring the reasons behind behavior.
  - Learning effective coping strategies.
  - Developing a personalized action plan.
3. Skill Development (Weeks 3-4):
  - Practicing new behaviors in various scenarios.
  - Addressing challenges and refining strategies.
  - Reinforcing positive habits through consistent practice.
4. Progress Assessment (Week 5):
  - Reflecting on achievements and setbacks.
  - Adjusting goals and strategies as needed.
  - Identifying ongoing support needs.
5. Program Conclusion (Week 6):
  - Celebrating progress and accomplishments.
  - Reviewing lessons learned and skills acquired.
  - Creating a plan for maintaining positive changes moving forward.

## **Program Overview:**

### **Introduction Session:**

- **Connection Time:** Engage in activities to establish trust and comfort.
- **Coaching Overview:** Provide a child-friendly explanation of the coaching process.
- **Safe Space Establishment:** Emphasize the confidentiality and non-judgmental nature of the coaching space.

### **Assessment:**

- **Expressive Arts Activities:** Utilize art, play, or storytelling to allow children to express emotions.
- **Grief Exploration:** Sensitive discussions to understand the child's perception of grief, loss, and changes.

### **Goal Setting:**

- **Behavioral Changes:** Collaboratively set specific goals addressing behavioral challenges and break goals into manageable steps.
- **Grief Resolution:** Establish coping mechanisms for grief through creative expression and set goals for understanding and managing grief.

### **Coaching Sessions:**

- **Tailored Activities:** Incorporate age-appropriate coaching tools, activities, and games.
- **Mindfulness Practices:** Introduce simple mindfulness exercises to enhance emotional regulation.

### **Parent/Guardian Involvement:**

- **Regular Updates:** Provide insights on the child's progress and strategies for support at home.
- **Collaborative Strategies:** Discuss and develop consistent approaches to reinforce coaching goals.

## Program Guidelines:

### Attendance Policy:

Regular attendance is crucial for the success of the program, as each session plays a vital role in the participant's growth and development. Participants are expected to attend all scheduled sessions unless unavoidable circumstances arise. Missing sessions can hinder progress and may impact the effectiveness of the coaching process. Therefore, it is essential to prioritize attendance and make every effort to be present for each session. Your commitment to attending sessions consistently will greatly contribute to achieving the desired outcomes of the program.

### Code of Conduct:

- **Respect:** Treat everyone with respect.
- **Positive Attitude:** Maintain a positive and open-minded attitude.
- **Responsibility:** Take responsibility for actions and commitments.
- **Confidentiality:** Honor the confidentiality of personal information.
- **Communication:** Communicate openly and respectfully.
- **Conflict Resolution:** Address conflicts respectfully.
- **Safety:** Prioritize safety and well-being.
- **Compliance with Program Policies:** Adhere to all program policies.

### Confidentiality:

- **Personal Information:** Keep personal information confidential.
- **Private Discussions:** Refrain from discussing personal matters.
- **Mentor-Participant Interactions:** Maintain confidentiality during mentorship sessions.
- **Privacy During Events:** Respect privacy during events.
- **Handling of Program Materials:** Treat materials with care.
- **Secure Communication:** Use secure communication channels.

### Resources:

- **Required Materials:** Notebook and Writing Tools, Bible or Relevant Faith Texts, Program Materials Provided, Technology Devices (if applicable).
- **Recommended Reading:** Faith-Based Literature, Life Skills and Personal Development Books, Community Service and Outreach Materials.

- **Access to Additional Resources:** Guest Speakers, Online Learning Platforms, Community Resources.
- **Feedback on Resources:** Encourage feedback for continuous improvement.

Let's embark on this journey together to unlock the potential within each child, inspiring them to embrace positive change and a brighter, more promising future!



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