

The Quest Coaching Program for Teens

The main goal of this mentoring program is to provide the student with tools they can use during the day or any situation to reduce stress, improve relationships, and feel more confident in their surroundings. This will be done through one-on-one coaching designed to help the student identify their strengths and utilizing them to overcome the challenges of daily life as a teen.

In this six session program we will meet in person, by phone or Skype, every 10 days to two weeks with reflective activities between sessions depending on schedules. Each session will be an hour in length and scheduled in advance.



In the Quest Coaching Program six session program we will cover the following:

- The Initial session will take approximately 1½ hours. During this time, we will establish goals and identify challenges in order plan and scheduling the coaching.
- Identify the gifts and strengths of the student. Focus on those attributes to address the challenges as we move through the program.
- During our time together, we will create personalized self-care and stress management plan that can help reduce anxiety, improve focus and build self-worth.
- We will be using the book *Transforming Stress for Teens* and hand-outs, along with information to build resilience, improve focus and reduce stress.
- Each collaborative session builds on the previous exploring which techniques are working and what needs modified as we work toward the goals set at the beginning of the program.
- 5th session will assess where we are in relation to the original goals and set-up a plan for the last session along with a plan to move forward after completion.
- The last session will be an overview of goals reached, review of the self-care tools the student has learned and how and when to implement them to manage daily stressors. We will also discuss options for continued learning if there is an interest.



Imagine your teen equipped with knowledge and life skills for their current situations and encourage them to move forward confidently into future endeavors?

Schedule your session with Donna and watch your teen develop into the self confident adult they are meant to be!

(937) 371-7906