

# COACHING FOR TEENS

All parents want their children to be confident and HAPPY, to have good social skills as well as strong, healthy relationships. They also want their children to be successful and enthusiastic about their education.



*'If you can dream it, you can do it!' - Walt Disney*

At times, some children need extra support in order to deal with issues they are facing. A specialist Certified Coach, with extensive experience working with teenagers, will help and support your child to:

- Improve confidence
- Explore approaches for building resilience to deal with stress/pressure
- Develop coping strategies
- Deal with challenging issues
- Plan and take action
- Create steps for personal and academic goals
- Develop techniques for using positive language
- Increase self-awareness
- Build a positive outlook
- Acknowledge issues and move forward.



## Your Specialist Certified Coach for Teenagers



### **Caroline (BA, PGCE, MA, CMPC, PCC)**

Caroline is a CoachME Certified Coach and a Professional Certified Coach with the International Coaching Federation. With over 15 years' experience as an educator, coach and educational leader, Caroline is well placed to coach teenagers in the international setting, is culturally sensitive and has a proven track record in this field.



Bahrain or  
online via a live  
interactive webinar



Starting from  
BD30/\$80



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