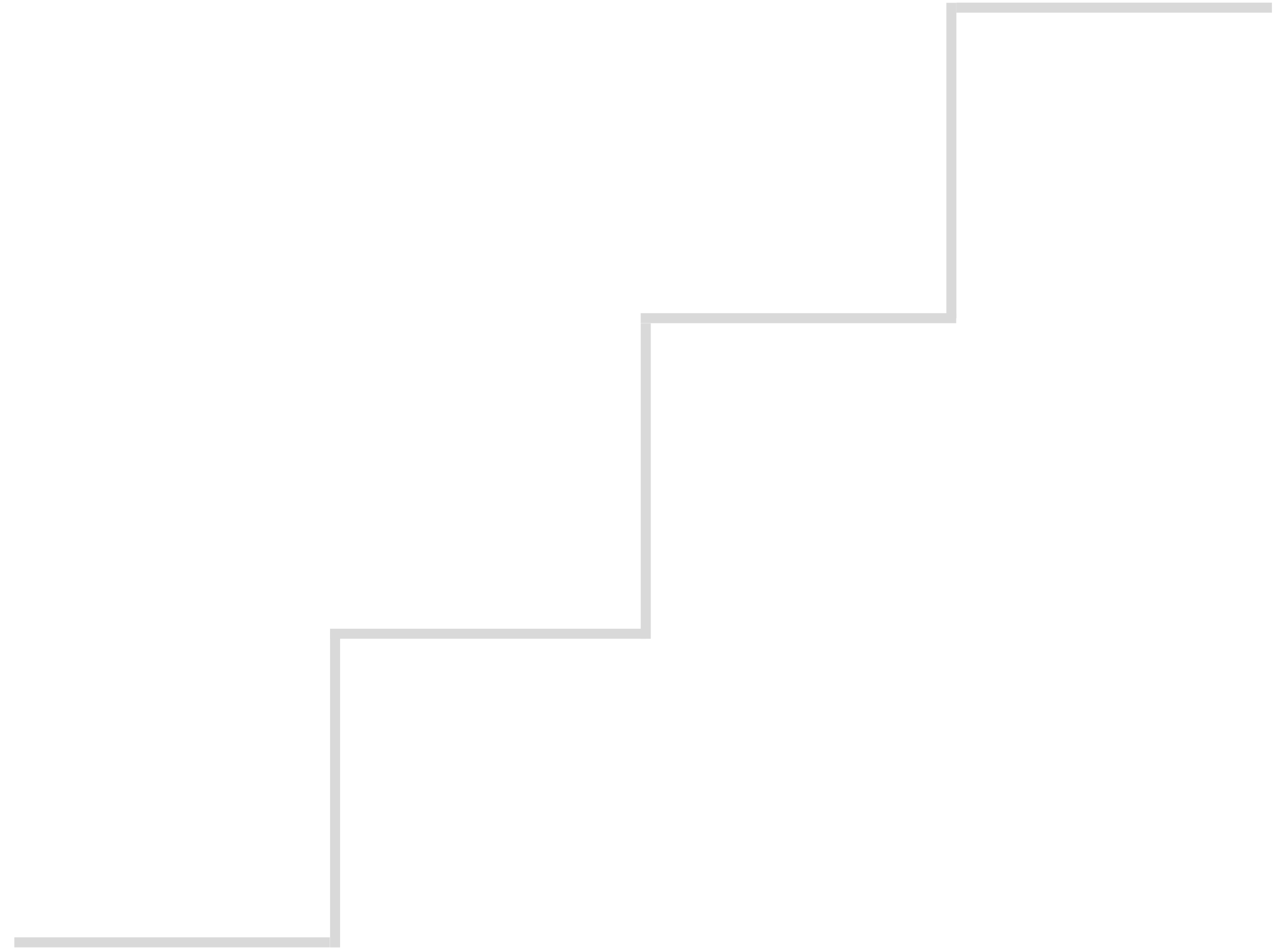


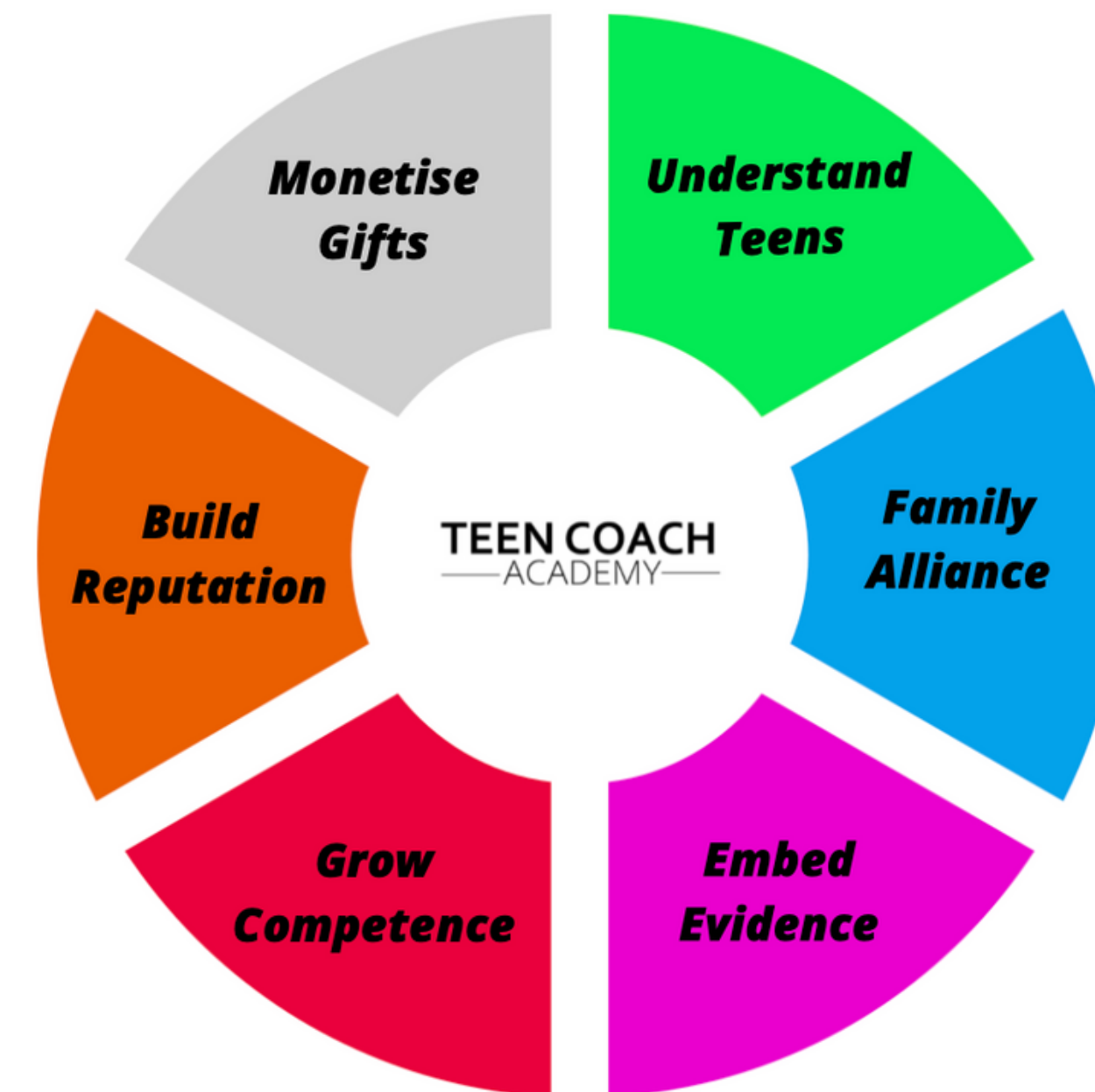
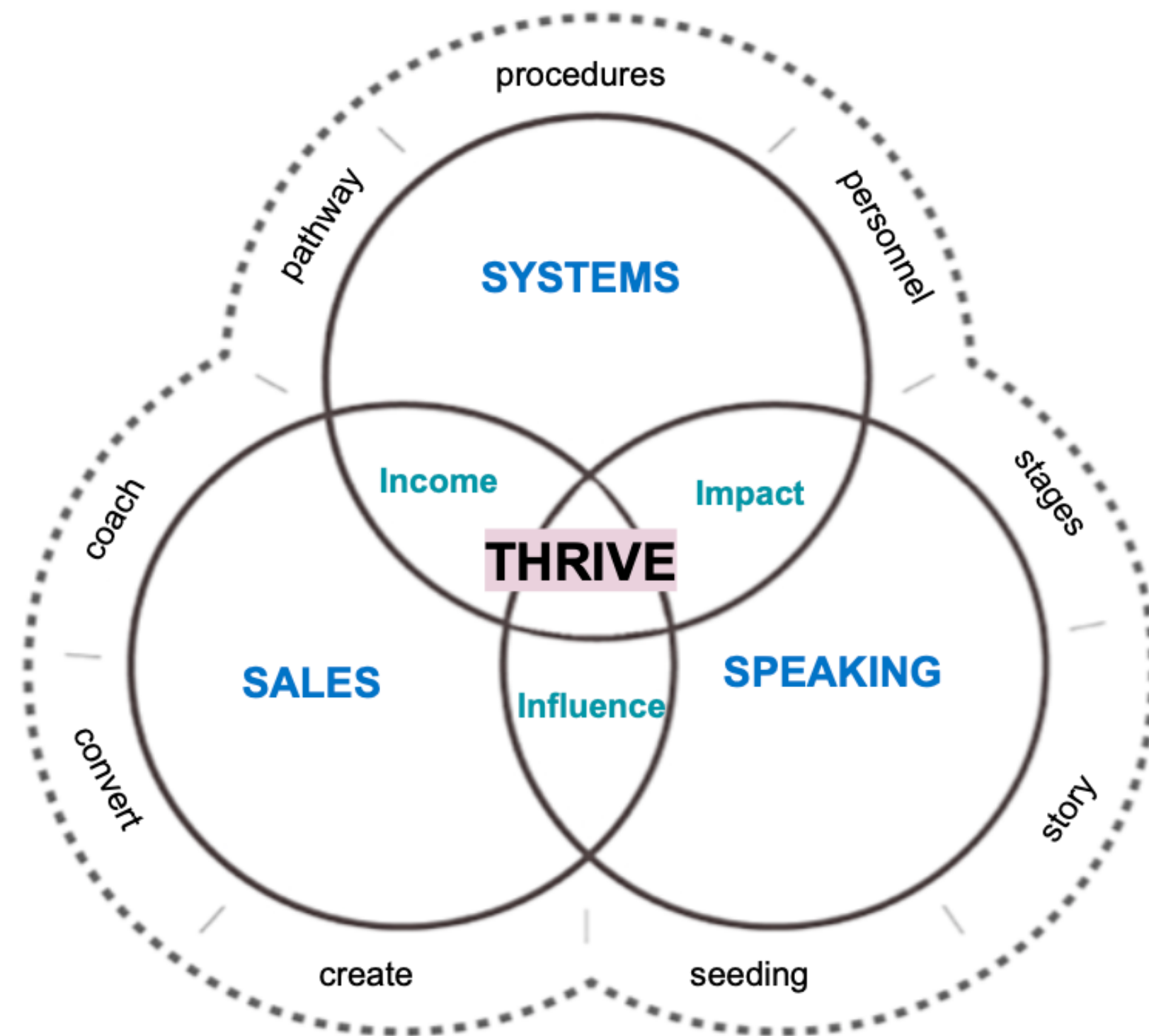
Preliminary Call 2

Coaching Concepts

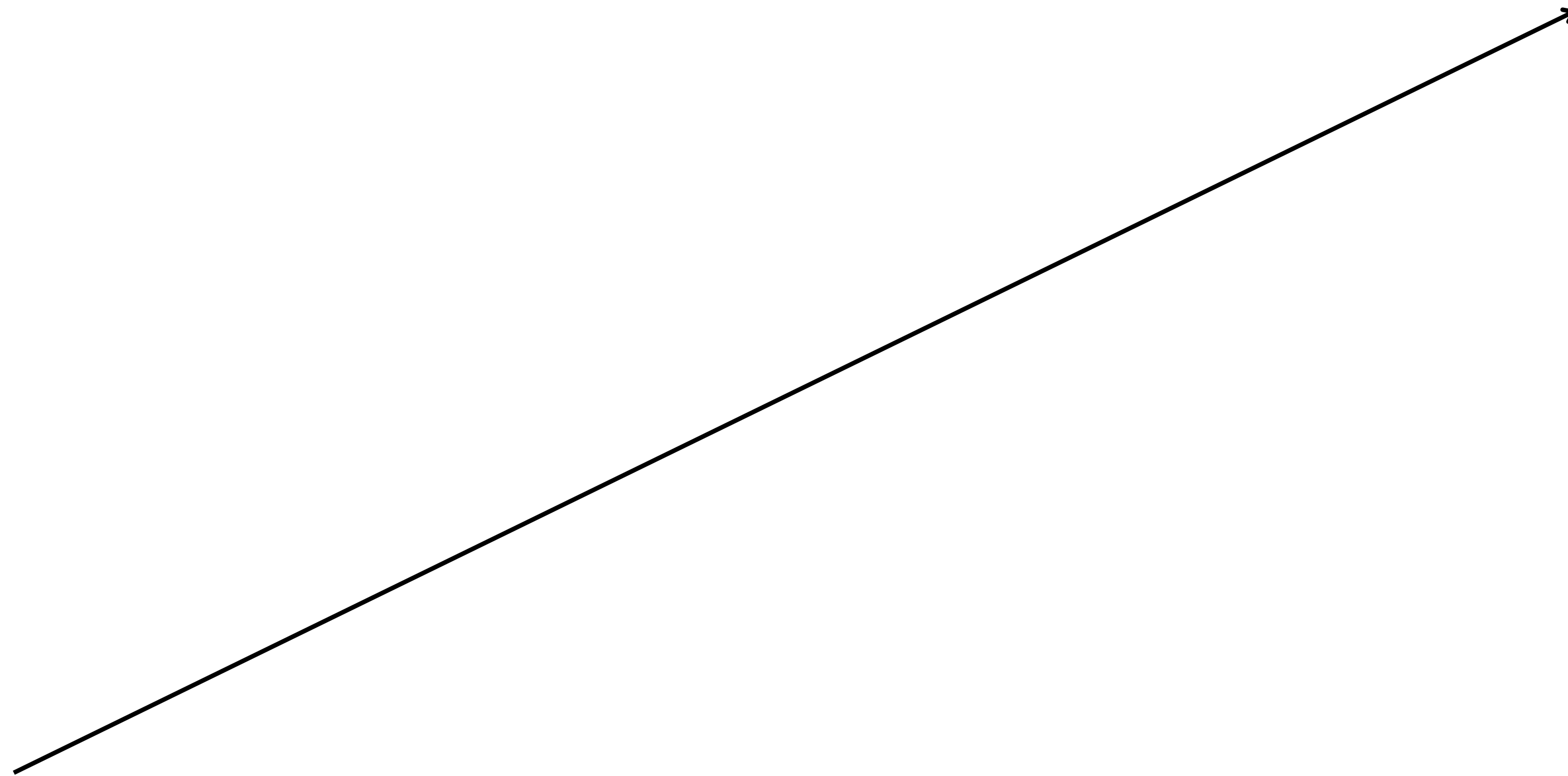
TCA Journey



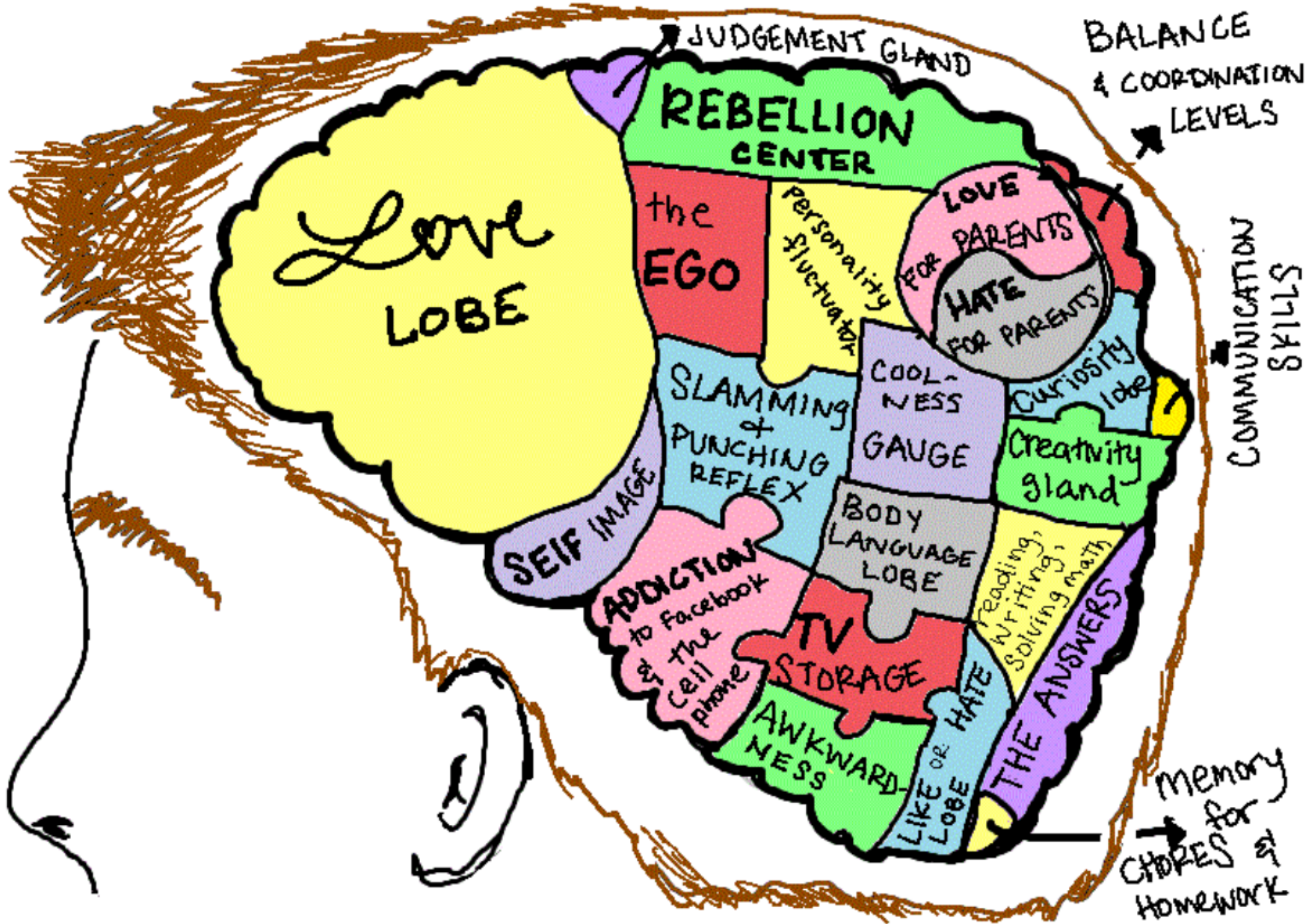
TCA Membership



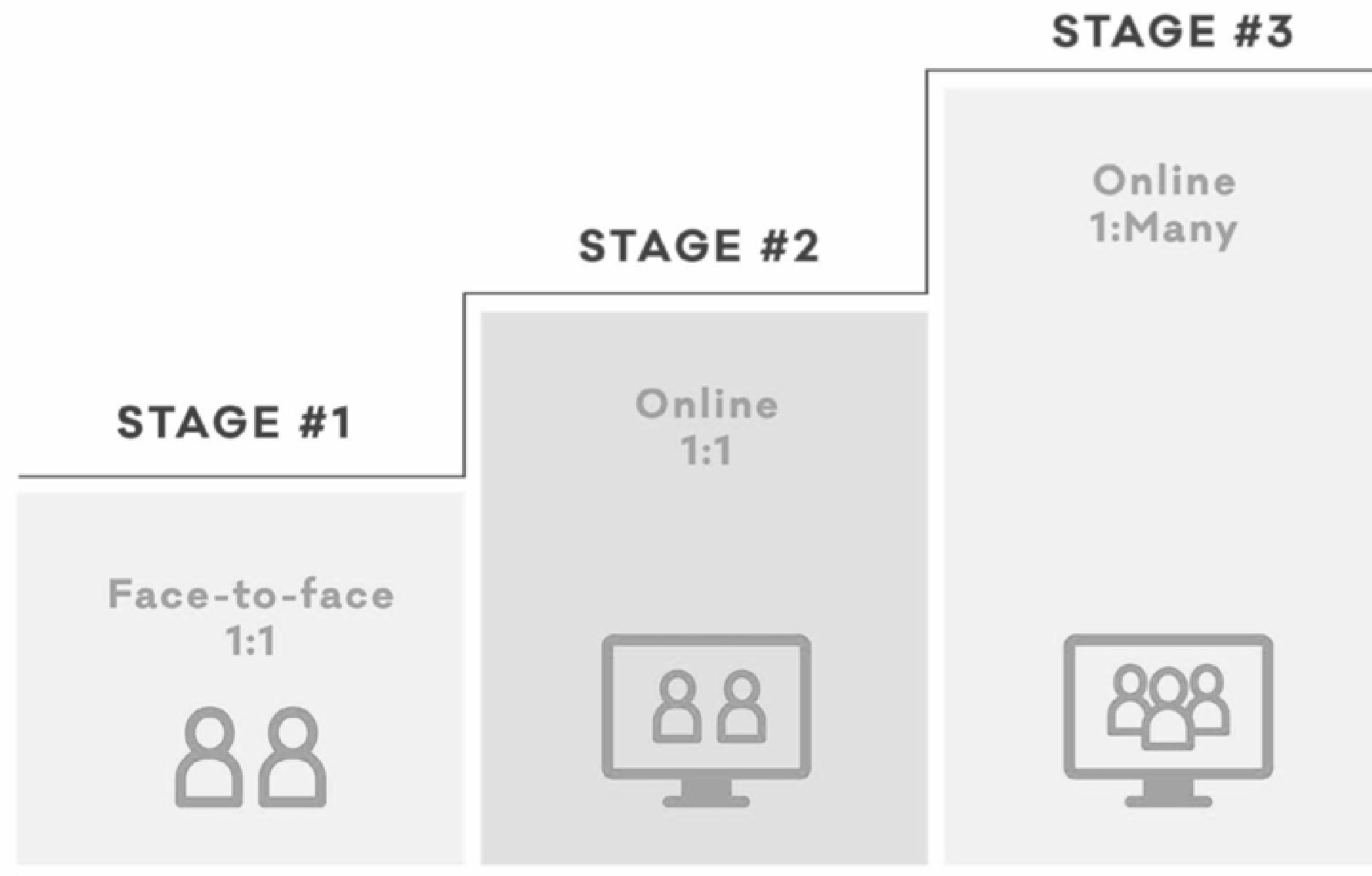
Call 1 Recap



THE AVERAGE TEENAGE BRAIN



Call 1 Recap



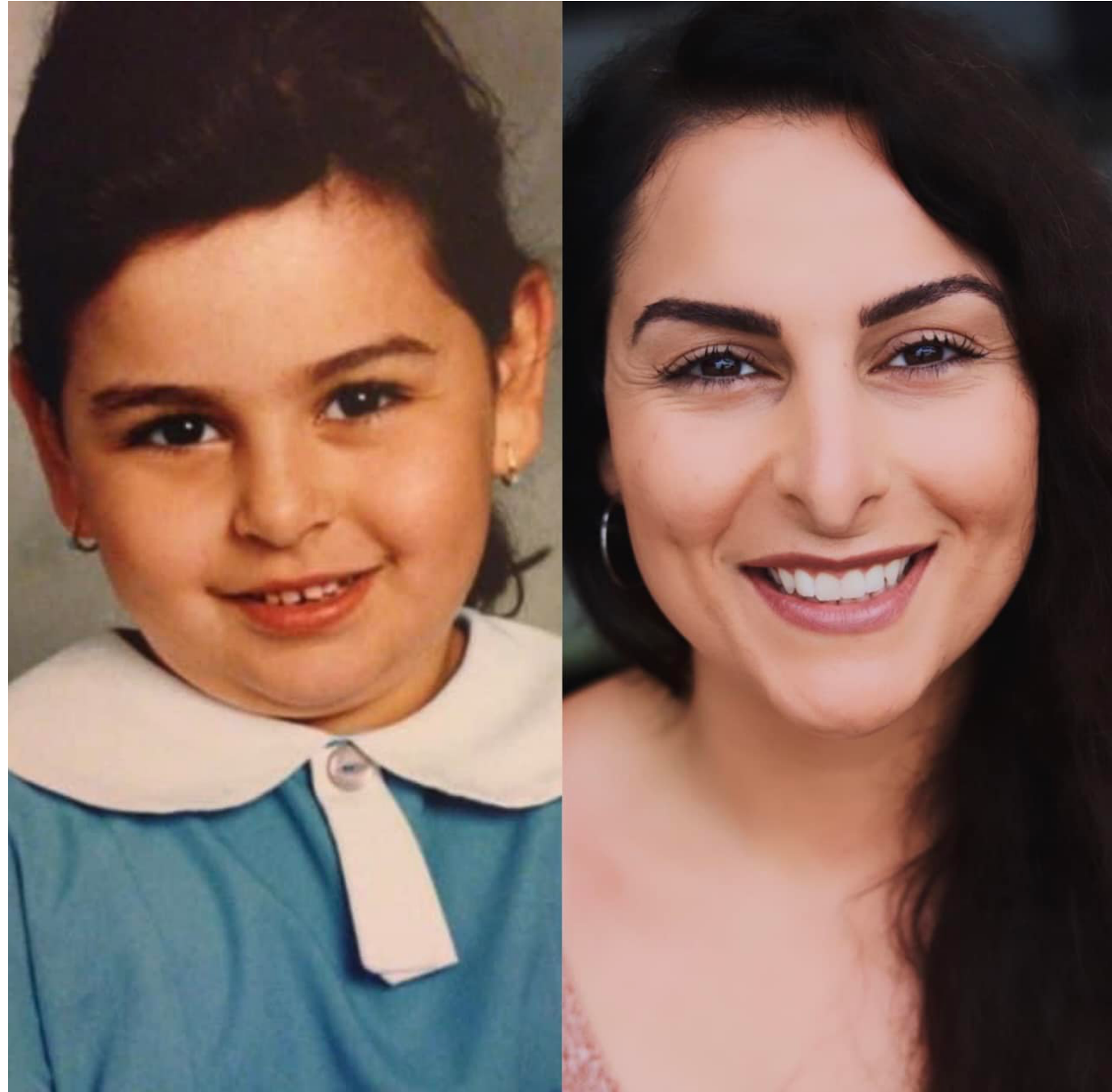
Reflection

Do you have any limiting beliefs about claiming your new identity as a Teen Coach?

Teen Coach Method

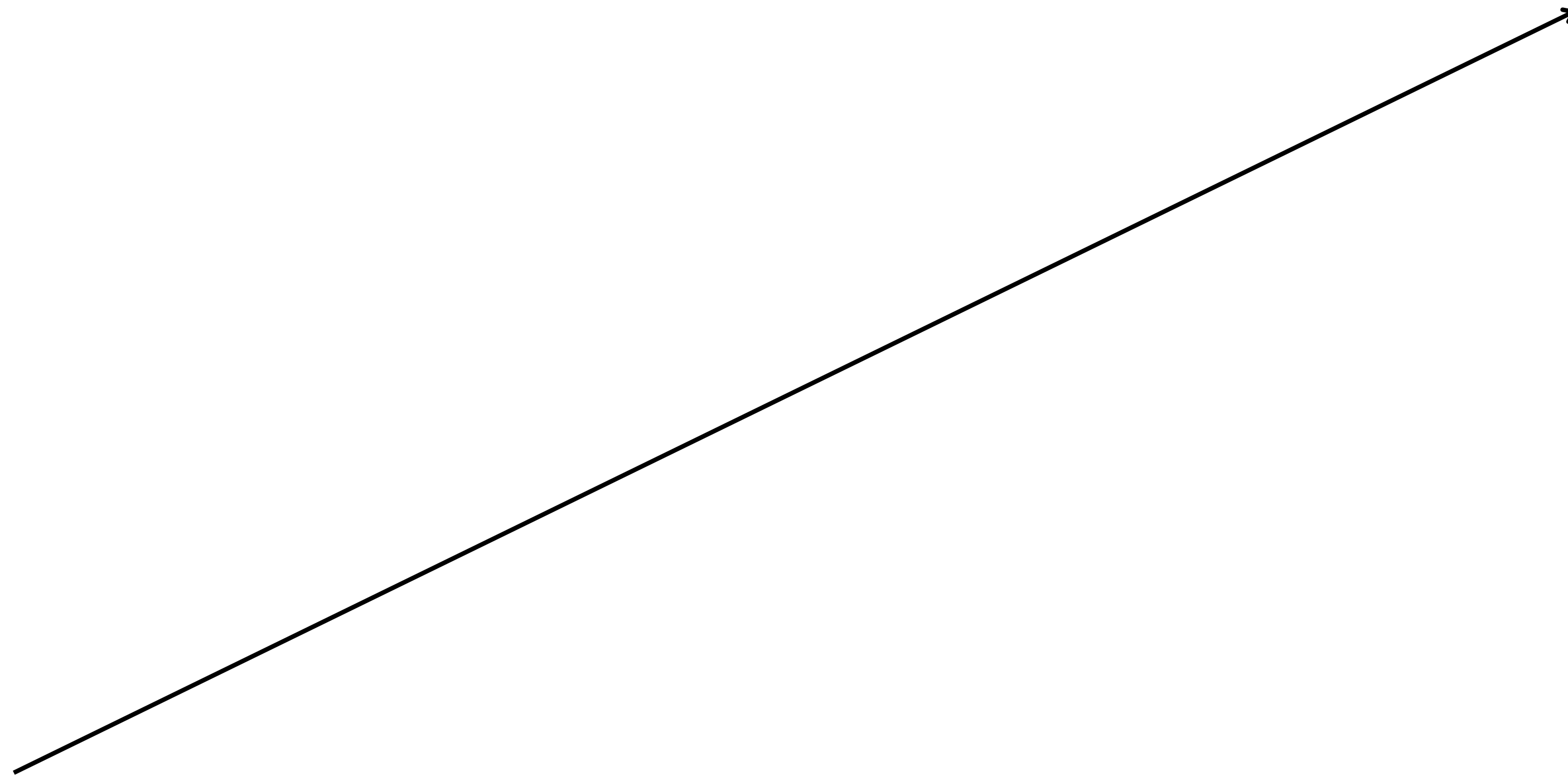






Origin Story

The Recipe



Teen Activities



Using the Manual

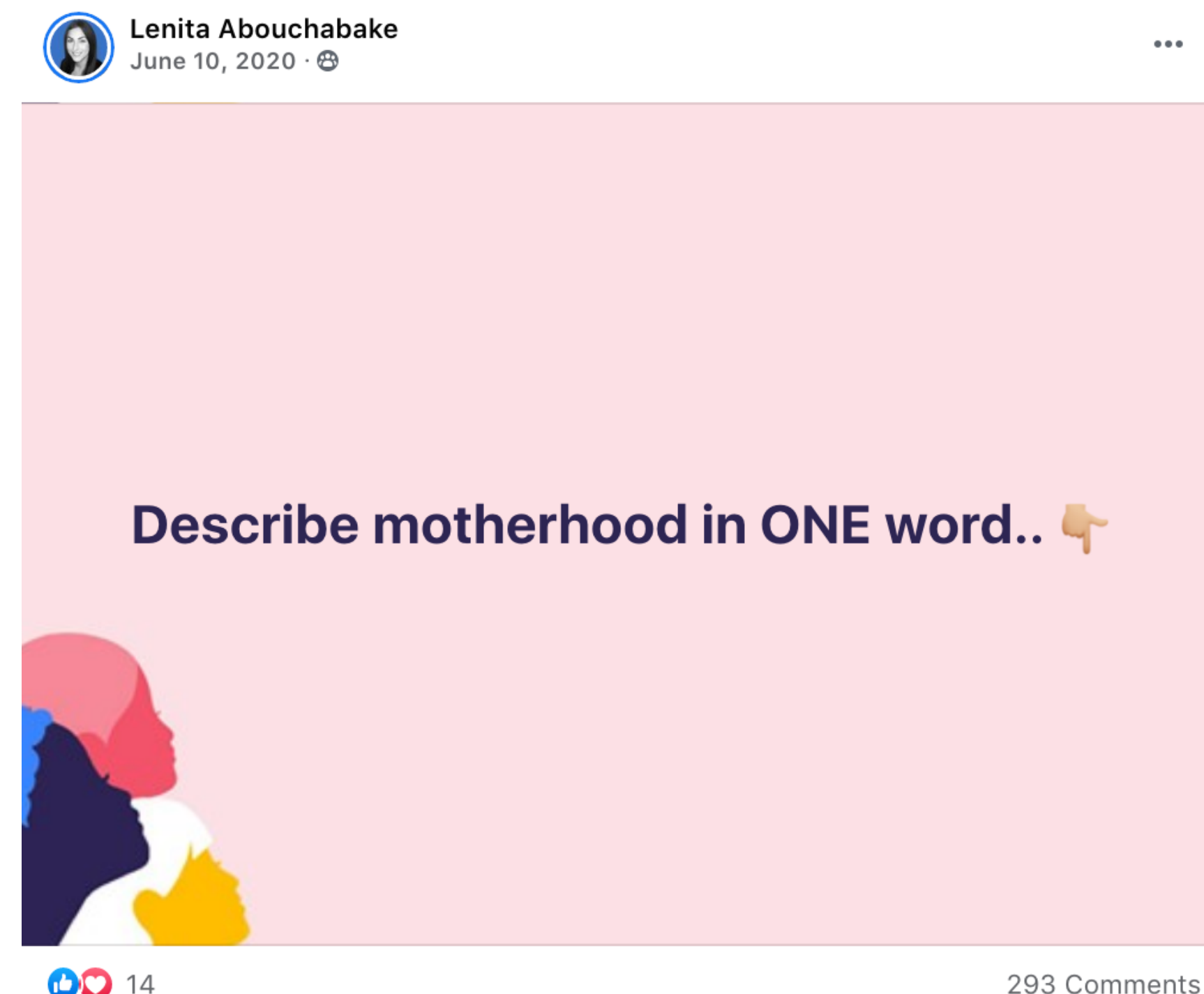
This manual and the accompanying workbook are not meant to substitute for your one-on-one coaching expertise. It is meant to supplement the work that you and your client will be engaging in together and will serve as a jumping off point to begin, and a place to return to if your client should become stuck. Each coaching exercise is designed to build upon the lessons that you are imparting to your client, and to help them build healthy, positive habits that support their mental health and wellbeing.

Coaching Exercises

This coaching manual contains 3-4 different exercises per section that can be used by the client individually on their own, in one-on-one or in group sessions. Each exercise is structured in the same way, consisting of a background section, a goal description, and guidance for using this exercise in a coaching session. It is at your discretion to determine how and when the exercises are most appropriately integrated in a session. They can be used to prepare a more structured, pre-planned approach or to support you in an organic coaching session.

The exercises found within the client workbook are just a few of the many that can be found. You and your client can explore the abundance of exercises available and experiment to find your favorite. Encourage your client to take their practice seriously and put focused energy into it so that they may reap off all of the benefits.

Imperfect Action



Action Steps

- *Post your #Takeaway in our Facebook Group.*
- *Share Parent Engagement post within the next 24 hours.*