

Personal Growth Foundations

Designed for youth who are not currently facing specific challenges but still wish to benefit from personal growth coaching, these sessions aim to build essential life skills, confidence, and self-esteem.

Session 1

Discovery Session: Getting to Know You

Session 2

Self-Awareness: Knowing Your Strengths and Weaknesses

Session 3

Embracing Challenges

Session 4

The Power of Thoughts: Shaping Your Reality

Session 5

Goal Setting: Dream Big, Start Small

Session 6

Self-Compassion: Being Kind to Yourself

Session 7

Connection & Communication: Building Strong Relationships

Session 8

The Courage to Take Up Space

Session 9

Emotional Intelligence: Understanding and Managing Feelings

Session 10

Reflection & Next Steps: Owning Your Journey