

## Coaching for kids

I mostly work with children lacking in confidence, finding it hard to make friends and struggling with school or home life. I work with them in a fun way to offer a safe space and someone to talk to away from teachers, friends and family. We work together to gain a strong sense of self and believe in who they are and what they do. The sessions are one hour long and it works best if we have one every week. It is led by the child so every session is different as every child is different.

See below a very rough outline of 6 session:

### Session 1 – Rapport

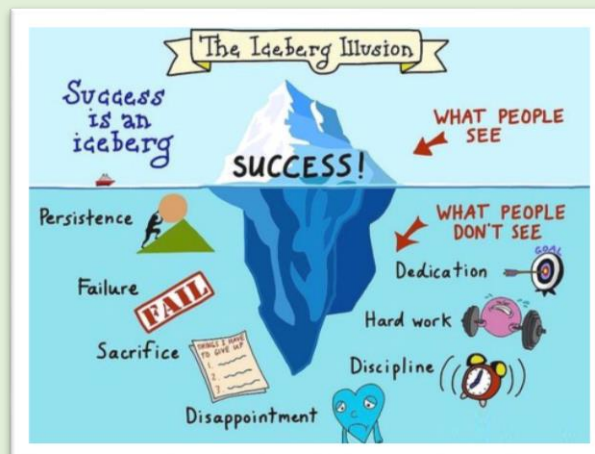
*Getting to know each other and talking about how we would like to work.*

### Session 2 – G.R.O.W

*Goal setting*



### Session 3 – The Success Of Failing



#### Session 4 – Imagination

*“Logic will get you from A to B. Imagination Will Take You Everywhere”*

- Albert Einstein

#### Session 5 – Face your Fears



#### Session 6 – Time to Shine

*“What’s the worst that could happen?”*



For more information please contact me on [Millicent@golightlyassociates.co.uk](mailto:Millicent@golightlyassociates.co.uk)