

# 1-TO-1 COACHING WITH RESILIENT FUTURES COACH



*Previously  
worked with*



*Empowering young  
people to thrive through  
life with confidence &  
resilience.*

With Jon Nottingham



# Teens Confidence Coaching

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- **Around 1 in 6 children aged 5 to 16 were identified as having a probable mental health problem as of July 2020 (1)**
- **66% of teenagers report not getting enough sleep (2)**
- **Less than 10% of British teenagers meet the recommended guidelines for sleep, exercise and screen time (3)**

**My programme and resources have been created from a combination of CBT & NLP informed research and my 10 years of working in the education sector in wellbeing, as teacher, student support & mentor.**

**My goal is to get to know your teen's needs by working together to create an exceptional service that makes a difference in their future.**

**The areas of focus include:**

- **identity**
- **values and beliefs**
- **creating goals and achieving them**
- **emotional regulation**
- **social development**
- **habits**
- **routines & time management**
- **mindfulness & other wellbeing techniques**





# Aims

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**I want teens to develop:**

## **RESILIENCE**

**The ability to take on challenges throughout all domains of life and when they fail or fall, have the drive to get back up and keep moving forwards. Building their understanding that success does not happen without failure.**

## **WELL BEING**

**Understand the "real" meaning and purposes of stress, anxiety, overwhelm and depression that they may not have been taught in school or at home. That when understood & practiced they will have the tools to grow through and not suffer from!**

## **CONFIDENCE**

**To act on purpose and reduce worry about what others think of them. I want them to be the main character in their movie. It is paramount that teens can identify with themselves in a healthy manner. When they discover who they are, why would they ever choose to be put down by others again?**

## **EMOTIONAL REGULATION**

**Emotion regulation is the ability to manage our emotions. Emotions are closely connected to how we think and feel, and therefore how we react and behave. Learning to recognise our emotions allows us to instead of acting impulsively and maybe doing something we might later regret we are able to make smart choices.**

## **HEALTHY HABITS**

**Adopting new healthy habits and making them stick is hard! I introduce teens to a variety of methods to use to build consistency and to also remove bad habits.**

## **...AND MANY MORE**



# Packages

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## DISCOVERY CALL

**15 minutes to get to know each other and for me to build an understanding of specific challenges being faced, which will be used to ensure sessions are tailored for you.**

## IMPACT PACKAGE

**15 minute discovery call  
x3 1-hour tailored coaching session  
Workbook**

## TRANSFORM PACKAGE

**15 minute discovery call  
x10 1-hour tailored coaching sessions  
Printed Teen Success Journal  
Coping Strategies Document**

## PAYG

**15 minute discovery call  
x8 1-hour tailored coaching session**



# Sessions

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The first 3 sessions are set for both the Impact and Transform packages, these give me the opportunity to build rapport with teens and an understanding to where they are currently and subsequently provide tools and strategies for them to focus on to make improvements in their mindset and daily habits.

## Session 1

### IDENTITY

Discover elements of their identity  
What is important to them?

## Session 2

### PERSONAL VALUES

What do they value?  
What motivates them to take action?  
Guiding principles

## Session 3

### GOAL SETTING AND INTENTIONS

What do they want to achieve?  
Creating action plans to take action





**"The Young Carers really enjoyed their session with you and they said they would love to have you back. They said you were really friendly and kind"**

**Bridgend Young Carers**

**"Since doing the coaching sessions she is thinking through things more. The most valuable outcome is she is more confident in setting goals and working towards them. I would recommend coaching to other parents. The sessions encourage your child to think things through, be more confident and develop a more positive mindset. Thank you so much, Jon. I will be in touch to book more sessions soon!"**

**A. Clarke  
Parent of 1-to-1 client**

**Get your FREE discovery call booked in today**



**Jon Nottingham**

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