

## Workshop Outline: "Help Your Kids Get Out of Their Own Way"

In this hands-on and engaging workshop (where you even learn to juggle) we look at common barriers to success, and strategies kids and parents can put into place to help avoid or overcome them. Topics include: the nature of stress & how to reduce it (re-framing, eliminating negative self-talk), what to do when things go wrong, etc.), the importance of beginning with the end in mind (creating a positive vision), taking baby-steps (breaking things down, focusing on own circle of influence / control, etc.), and how to eliminate the excuses.



Potential benefits of this workshop include:

- Raising self-awareness in both yourself & your family members
- Gain valuable insight into what triggers stress in your life and how to reduce / eliminate it
- Learn new positive strategies to improve relationships both in the classroom and at home
- Better understand and identify true success factors and common success myths
- Receive personalized assistance from a Certified Professional Parenting & Youth Coach

### About Youth Coach Canada

**Youth Coach Canada (YCC) is a registered non-profit organization** founded by International Parenting & Youth Coach, Rob Stringer, BA, BEd, CPC in 2008.

**YCC helps kids, teens, and young adults meet with success** by making professional life coaching services & programs available to youth, as well as workshops for parents, educators, and others who support today's youth.

**YCC is dedicated to empowering today's youth—teaching them powerful skills to succeed both now and into the future.** These skills support key areas: academic success, youth leadership & entrepreneurship, as well as self-esteem & risk-taking.

**YCC's mission is simple—to help today's youth lead lives they LOVE!** Says Rob, "It's not about raising super-stars, but rather, giving regular kids & teens the skills and support they need to succeed,"

