

## Workshop Outline: "Ready, Set ... SUCCEED!"

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Within each child is a unique magnificence—a possibility to live into. However all too often barriers or fears can block or cover this up, keeping both the child and world from seeing the brilliance which lies within. Our job as parents, educators, and coaches is to help remove these barriers and allow children to achieve success. While there are many ways to do this, one method involves giving kids empowering perspectives and strategies.

During this interactive 90 minute workshop we look at things like:

- Beginning with the end in mind (Setting a positive vision for the coming year)
- Defining the many faces of “success”
- Effective (S.M.A.R.T.) goal setting techniques
- Taking baby-steps (breaking things down, focusing on own circle of influence / control, etc.)
- What stress is & how to reduce it (re-framing, eliminating negative self-talk, what to do when things go wrong, etc.)
- Additional problem-solving strategies



### About Youth Coach Canada

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**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,"

