



## Young People Coaching

### **What is coaching?**

Coaching for young people can be incredibly powerful and effective. It inspires them to take responsibility for their own lives, raises confidence and self-esteem, empowers them to create and achieve goals, and enables them to discover more about who they really are and a whole load of other stuff as well.

Coaching is focused on moving forward in life, achieving goals and making life better. The most effective part of coaching is that we don't tell young people what they should do; we enable them to discover the answers for themselves. In essence we place the ball firmly in their court. We believe that young people are much more likely to do something if they have chosen it, rather than being told to do it. So sometimes coaching takes a while to get to a certain outcome, but when it does it is far more lasting.

Coaching is all about supporting young people to move forward, fulfil their potential and make the most of their life. It's a partnership between us and the young person that gives them a space to talk that is confidential, non-judgmental, truthful, challenging and caring.

### **How do we do it?**

Coaching is a focused conversation between us and the young person. So ideally we sit down with a young person at a regular time and place, over an agreed period of time. We sit and talk through with them whatever the agenda may be. However, this can be a daunting experience for some young people, so we often have to use a variety of techniques to create a space where they are able and comfortable to talk. This can consist of anything from certain activities, games, workbooks, distraction techniques etc. We basically do whatever needs to be done to engage the young person in the coaching process.

### **What topics do we cover?**

It depends on the young person and their specific needs. It could be confidence building, friendships, behaviour, education, family, etc. Coaching is endless on the topics that it can cover and often because of the complexity of life more than one topic is being covered at any one time.

### **Is coaching like therapy, counselling or mentoring?**

No. Coaching is not like therapy as we are not trying to "fix" people. Coaching is not like counselling because we are not focused on where the young person has been in their life; rather we look at where they are going.

Coaching is not like mentoring as we are don't have the approach that we are the expert and have the answers, we approach it much more as an equal partnership and allow the young person to work out their own solutions.