Coaching YOUNG PEOPLE for Success

A Life, Career and School Performance Coaching Program for Schools and Youth Agencies

Become an Accredited Leader and receive:

• A Leader’s Manual
• 12 month Licence
• Eight flexible coaching modules
• Up to 80 hours of coaching activities
• Slide shows for groups and 1:1
• Printable Pathway Plan Worksheets
• All program upgrades

www.coachingyoungpeopleforsuccess.com
ABOUT Coaching Young People For Success
Life Business Consultancy has developed the Coaching Young People For Success (CYPFS) Program, that includes the TRAINING and all the RESOURCES that schools and youth agencies need to introduce their own life, career, performance and peer coaching programs in groups or with individuals straight away.
Since 2005, we have trained over 10,000 leaders from across Australia, Canada and the USA, who are now delivering CYPFS within their career and transition, personal learning, engagement, employment, juvenile justice and indigenous and non indigenous support programs and more.

CYPFS has also been mapped against the:-
- Australian Blueprint of Career Development,
- Australian National Curriculum Framework,
- Personal Learning Plan in South Australia
- Is an endorsed program in the Western Australian Certificate of Education... plus more!

HOW the Program works
CYPFS includes EIGHT COACHING MODULES that can be delivered separately or together to form an extended coaching program that assists young people connect to who they are, and design an inspiring life, career and school performance pathway plan. The plans can then be used to "focus" and "fast track" change in all ongoing worker, parent or peer lead coaching sessions.

The P.O.W.E.R Coaching Model
Each Module incorporates our signature five step P.O.W.E.R coaching model that draws on strategies from coaching and positive psychology that are proven to strengthen the emotional skills that young people need for successful goal attainment.

Step 1. Imagine Possibilities for their life and work
Step 2. Become Organised and design a personal plan
Step 3. Develop Will-Power to stay motivated
Step 4. Build Emotional skills to be successful
Step 5. Achieve Results by taking ongoing action

HOW to become a CYPFS Leader
Complete your accreditation by attending a one or two day WORKSHOP or via our ONLINE training platform.

• Go to coachingyoungpeopleforsuccess.com training calendar to see upcoming dates.
• (All training includes a 12 month membership and access to all the coaching modules and resources)
Module 1. Coaching Young People For Success

Coaching Young People For Success can be delivered as one seamless program where every young person will design their own inspiring life, career and school performance pathway plan using the My Success workbook, dedicated slide show and the POWER coaching cards.

Or deliver the individual modules as stand alone programs

Module 2. Career Coaching

The Career Coaching Module will take young people on a journey of self-discovery where they will complete a who am I profile, connect to their key strengths and design an inspiring life and career pathway plan that matches their vision, values and preferred lifestyle.

Module 3. Life Coaching

The Life Coaching Module assists young people design a “Steps for My Life Success” action plan. Using the life wheel young people will identify the priority areas they want to work on and the steps they need to take to achieve greater health and well-being in all areas of their life.

Module 4. School Performance Coaching Snr

The My TOP Performance Plan will teach senior students the strategies of TOP school performers, then take them through a step by step process to design a tailor made action plan that will take their own performance to a new level.

Module 5. School Performance Coach - Jnr

Steps For My SCHOOL Success a highly effective way to empower students of all ages to take responsibility for their learning. Students will review their academic and personal performance, identify potential blockers and then set and review their learning goals and action plan on a regular basis.

Module 6. Moving Up - Primary to High School

The Moving Up module assists students make a successful transition from Primary to High School. They will reflect on on their Primary years, understand the differences and challenges they may face, identify their goals and the potential steps, strategies and skills they will need to have fun and be their best.

Module 7. Peer Coaching

The Peer Coaching Skills Module includes a step by step training slide show and manual. CYPFS leaders can train young people to become peer coaches so they can support each other implement their own pathway plans on an ongoing basis.

Module 8. Parent as Coach

The "Parent as Coach Module assists parents by teaching them the key coaching skills they need to support their children develop the social and emotional skills they need to overcome obstacles and achieve their life, career and school performance goals on an ongoing basis.
P.O.W.E.R Coaching CARDS

Tools to connect to your inner expert

A must have toolkit for every coach!

The P.O.W.E.R. Coaching Kit includes NINE SETS OF COACHING CARDS that promote powerful conversations that build self awareness and promote behaviour change by assisting participants identify their E.Q strengths, qualities, interests, life motivators, personality type and life and work style preferences and design an inspiring vision for their life and work that they will really love. All card sorts can be purchased individually but are designed to be delivered in conjunction with the Coaching Young People For Success, Life, Career and School Performance Coaching Modules, slide shows and pathway plan worksheets.

Coaching Activity Card Sorts $49.50 each

The Qualities Coaching Cards will assist everyone identify their main qualities and strengths. The cards promote deep discussion that build self-awareness, positive self-regard, and promotes greater well-being.

The Life Motivator Cards highlight 20 core values to assist participants identify their key drivers for meaning and success in life and work.

The Interest Cards identify 33 different areas of interest to quickly assist participants pinpoint what they are curious about and activities they love.

The Workstyle Coaching Cards assist participants imagine and identify specific work style preferences that would make them the happiest.

The Lifestyle Cards assist participants identify specific lifestyle and environment preferences that would make them the happiest.

My LifeType Coaching Cards identify 6 personality and lifestyle preferences to assist participants gain a deep appreciation of their strengths, and the life and career they could love.

“My Life” Cards includes 50 images to assist participants identify how they feel about their life today and then design a compelling vision for how they would love their life to be.

The My E.Q Cards outline 31 key emotional skills that maximise success in life/work. Cards assist participants identify key emotional strengths and areas for development.

The Performance Coaching Cards include 45 strategies to assist participants take their school performance to a new level.

Available at the E-shop @ www.coachingyoungpeopleforsuccess.com

$330 per kit
**Coaching YOUNG PEOPLE for Success**

**Leader Accreditation Training - Overview**

**Day 1. Leader’s Accreditation Training**

- includes a 12 month membership

On day one participants will experience first hand all the CYPFS coaching activities and resources by designing their own Life and Career Pathway Plan. During this process the Life Business, five POWER coaching steps are showcased allowing each participant to experience the link between the structure and the influence it has on enhancing motivation, building emotional skills and maximising goal attainment. This layered, step-by-step experiential training day will up skill participants to effectively and confidently deliver the four main C.Y.P.F.S Modules in both GROUPS and ONE TO ONE.

**Training Outline:**

1. Introduction to the C.Y.P.F.S Program & Resources
2. Learn the 5 Step P.O.W.E.R Coaching Model for successful goal attainment.
4. Experiential Session - Module 2. Life Coaching - “Steps for My Life Success” Master Plan
8. Discussion and Review

**Day 2. Advanced Coaching Skills Training**

The Advanced Coaching Skills Training will assist C.Y.P.F.S Leaders further consolidate the theoretical and practical skills needed to assist young people develop the emotional skills they need to achieve their goals on an on-going basis. Leaders will learn a number of solution focused and strength based coaching strategies that are drawn from coaching and positive psychology that build motivation and resilience in young people. You will learn how to lead powerful conversations using the G.O.A.L coaching conversation and practice key one to one coaching skills.

**Training Outline:**

1. Introduction to Positive and Coaching Psychology
2. The role of the coach and the coaching mindset
3. Learn key coaching skills and strategies that enhance motivation and promote behaviour change
4. Identify your strengths as a coach and make a personal coaching development plan
5. Learn and practice the G.O.A.L coaching conversation for successful goal attainment
7. Review - Module 7. Parent as Coach
8. Create a C.Y.P.F.S implementation plan – Final discussion and review

**Or complete the ONLINE CYPFS Leader’s Accreditation Training**

Participants will complete the Leaders Accreditation Training course at their own pace via an online platform that includes training video tutorials and guided life and career coaching activities. We will take you step by step through the five CYPFS Coaching Modules and teach you how to confidently deliver the CYPFS Life, Career, Performance and Peer coaching Modules in GROUPS and ONE to ONE within your own program or school.

All Training includes a Leader Accreditation Certificate, a 12 month Membership to the resource library, slide show galleries, unlimited printing of all pathway plan worksheets and workbooks and all upgrades.
WHAT people are saying...

“In 2010 the Student Support committee (SSLI) brought CYPFS to Canada to help us implement a common coaching methodology across the public and catholic schools, health, child protection and youth justice services. We have now trained over 200 leaders ourselves and have supported the translation of the Program into French. The training and modules are getting a great response from all sectors and is having a great impact with young people.”

Jeffrey Hawkins, Executive Director
Hands TheFamilyHelpNetwork.ca, North Bay, Ontario

“The CYPFS program assists us to provide a high quality and consistent approach to case management across the agency and is getting great outcomes with the young people we support. I am also a passionate CYPFS Trainer and deliver the leaders training to other youth agencies and schools across the state.”

Kerrie Sellen, Manager
Re-Engage Youth Service, South Australia

“For several years we have been incorporating CYPFS into our aboriginal peer mentoring programs using the resources both one to one and in groups, providing opportunities for the young people to set meaningful goals and develop their own unique career and life pathway plan with outstanding results.”

Lee-Anne Smith, CEO
The Halo leadership development agency inc. Western Australia

“I have encouraged all our school career practitioners in Western Australia to use the Life Business CYPFS program. It is a holistic approach to help create a career development culture in our schools and assists students explore all aspects of their life, learning and work.”

Peter Carey,
Learning and Teaching Consultant
Catholic Education Department, Western Australia