

Life Coach for Kids or Counselor Who Could Join Your Parenting Team?

Both help develop resilient, confident kids



Mental Wellness



Mental Illness

← Life Coaching →

Counseling

THRIVING

Happy
Stable mood
Positive

Good relationships
Strong self-esteem
Confident
Navigating life
Performing well
(grades/sports/activities)

Respectful/kind
Responsible
Honest
Goal-oriented

MANAGING

Worried/Nervous
Moody
Shy/Hesitant

Low self-esteem
Negative self-talk
Low confidence
Self-doubt
Disappointment
Peer pressure
Neurodiversity – (managed)
Learning issues
Performance slump

Poor decisions
Disrespectful
Dishonesty
Irresponsible
Homework/chores
Gaming/screens

UNSETTLED

Anxiety: mild
Overwhelmed
Sad/frustrated
Unmotivated/stuck

Low self-esteem
Low confidence
Big changes in life
Big mistake
Big disappointment
Friend issues
Bad decisions
Procrastination

Bullying
Socially awkward

STRUGGLING

Anxiety: frequent
Withdrawn
Lost interest
Depressed/Sad
Fear impacting life
OCD
Drifting
Neurodiversity - (unmanaged)
Eating disorders
Panic attacks
Serious change in performance
(Grades/activities)

CRISIS

Anxiety: severe
Self-harm
Suicidal
Hopelessness
Harming others
Not functioning
Anger/rage
Violent
Trauma
Abuse
Substance abuse
Addiction

Since 2013, Adventures in Wisdom has certified WISDOM Coaches in over 30 countries, helping kids build the *mindset and skill set* for confidence, self-esteem, resilience, self-leadership, and achievement so that they can be confident and prepared to thrive in life – *using a story-based coaching curriculum*

Find a Coach | Become a Coach

Document is for informational purposes only and is not a mental health assessment.

www.AdventuresInWisdom.com

Adventures
in
Wisdom®



Copyright © Adventures in Wisdom Inc.