

When to Add a Life Coach for Kids to Your Parenting Team

Checklist for Parents



If you answer “**YES**” to one of these questions, a life coach for kids can help!

How is your child feeling?

- Have you seen a shift in your child's self-esteem—are they getting down on themselves or using negative self-talk?
- Have you seen a shift in their confidence—afraid to try new things or give up easily?
- Does your child struggle to let go of their mistakes or blame others?
- Does your child have worries that are impacting their ability to fully enjoy life?
- Does your child get easily frustrated or angry with siblings or friends?
- Is your child shy around others or hesitant to participate in new activities?



What is your child doing?

- Is your child struggling to deliver school assignments or take tests?
- Are chores, homework, or screen time a constant battle?
- Have there been issues with truthfulness or sneakiness?
- Is your child sometimes disrespectful to others, including family?
- Is your child easily influenced by peer pressure or not making good decisions?
- Is your child facing a big change - a move, new school, family dynamics, or friend?



What does your child want?

- Does your child have a big goal—getting good grades, excelling in extracurriculars/sports
- Does your child want stronger friendships and friend groups?
- Does your child want to learn a new skill?

What do you want?

- Do you want to be proactive in helping your child develop mindset skills and self-leadership skills?
- Do you want to create more positive dynamics and peace in your home?
- Do you love personal development but find that when you share ideas with your child, it's not getting through to them?
- Do you want a “trusted advisor” as part of your child’s team and your parenting team who can teach new skills while also reiterating key values and messages that you are sharing at home?



About Life Coaching for Kids

What Does a Child Life Coach Do?

Helps children:

- **Build a foundation for mental wellness** by developing mindset skills for self-esteem, confidence, resilience, happiness, and self-leadership so that they can be prepared to thrive in life.
- **Develop resilience and coping skills** so that they can navigate life's disappointments, manage change, move past mistakes, manage worries, overcome fear, and move through life empowered.
- **Learn self-love, self-leadership, and respect** so that they love and honor themselves, respect themselves and others, make good decisions and stand up to peer pressure, feel confident to try new things, and learn how to set and achieve goals, so that they create a life they love.

How a Coach Works with Your Child?

Certified WISDOM Coaches use the story-based *Adventures in Wisdom Life Coaching for Kids Curriculum* and STORY Coaching Process to teach mindset skills to your child.

The process is designed to help your child learn powerful skills that they can use throughout elementary school, high school, and into adulthood.

How to find a WISDOM Coach®

You can search our WISDOM Coach directory or submit a "Connect with a Coach" form to share your family's coaching goals and be contacted by coaches who think they can support your child. You get to choose your coach!

www.AdventuresInWisdom.com/For-Parents

WISDOM Coaching Works

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“Coaching not only helped Timothy socially, but also academically and athletically as well. He uses the skills that WISDOM Coach® Laura taught him, and we have seen him be successful in all aspects of life because of it.”

- 10-year-old Timothy's Mom

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“She's just a different girl since working with WISDOM Coach® Lisa - from having such bad anxiety that she couldn't attend school to now representing her school in athletics! We haven't looked back.”

- Parents of 11-year-old Alex

27 Mindset Skills For Kids

Self-esteem
Confidence
Resilience

Self-leadership
Responsibility
Integrity

Decision Making
Peer Pressure
Anxiety/Worries

Goals/Achievement
Happiness
Change

Adventures in Wisdom has certified coaches in over 30 countries since 2013.

WISDOM Coaches have transformed the lives of children and families around the world, and they are here to support your family too!

