

# Coaching Programs for Teens

## 8 Week Communication Program

- Lesson 1- Communication Essentials
- Lesson 2- Listening Well
- Lesson 3- Blocks to Listening
- Lesson 4- Expressing Yourself Part 1
- Lesson 5- Expressing Yourself Part 2
- Lesson 6- Blocks to Expressing Yourself
- Lesson 7- Assertive Communication
- Lesson 8- Self- Disclosure and Making New Connections

## 6 Week Emotion Coaching Program

- Lesson 1- Emotions and what do they do for us
- Lesson 2- Model of emotions
- Lesson 3- Understanding a variety of emotions
- Lesson 4- What to do with emotions
- Lesson 5- Changing emotions
- Lesson 6- Staying regulated

## 7 Week Habits of Highly Effective Teens

- Lesson 1- Be proactive
- Lesson 2- Begin with the end in mind
- Lesson 3- Put first things first
- Lesson 4- Think win-win
- Lesson 5- Seek first to understand
- Lesson 6- Synergize
- Lesson 7- Sharpen the saw

### Other Programs:

- Social Success for those who struggle with social skills
- Relationships
- Dating
- Healthy Social Media Usage (coming soon)