



Life as a kid these days. Can you imagine? We live in a world of media and glamour that gives our children lots to choose from. But how do they know who or what to be amidst the choices? It's a tough world to build an identity in, except of course for our outward identity. We can figure out what clothes to wear. There are plenty of ideas about what is cool to do, from sports to drugs to military to the Peace Corps. But to decide what is right for each of us? And how about goals in life, maybe even purpose in life? This is something that transcends our children's problems — these are many parents' issues as well.

Coaching Kids is bringing life coaching skills to families, organizations, and communities everywhere to help work through these mysteries. The key to life coaching is that it helps you find your own answers. The focus is not the advice of the coach, but rather seeking out answers from deep within yourself. As these answers become clearer, identity becomes stronger, and a foundation to make choices is created. Choices begin to appear, and suddenly we are walking a purposeful path to our goals. This is a powerful shift in our approach to life, and our understandings of each other. The skills developed in our programs help our children to better understand us, and helps us understand them better too. This creates an environment that allows for clearer communication, and more fulfilled individuals. We would like to work with you in your community, and with your family. Together we can create stronger families and children for tomorrow.

We create tomorrow as we live today.

Coaching Kids: Connecting kids, parents, and communities.

COACHING TESTIMONIALS

"I learned not to be afraid of my feelings. I learned that people are here to help." A.G., student

"Coaching allowed me to see what I was doing to get in the way of the relationship I really wanted to have with my 'difficult' teen. As it turns out, he isn't difficult at all and we've been enjoying each other more than I thought we'd be able to, thanks to coaching." T.S., parent

Contact Kids Coach, Nidhi, at 416.830.5285 or email her at nidhi@globalvisionscoaching.com



CONSCIOUS COACHING FOR KIDS AND TEENS

Kids Coaching, why not? Why wait until your kids are 30 and still unsure of themselves? Isn't it better to give them a headstart in life now? Why watch them develop bad habits, instead of developing powerful ones instead? Children who learn to manage their emotions and interact well with others can be happy from the very beginning and lead a successful and fulfilling life.

As parents, you can show them the way by giving your kids the gift of coaching.

Kids Coaching is a unique program focused on kids and teens to become more prepared for life. The focus is on helping them to develop the whole person, recognizing that all aspects of life affect how kids and teens learn and affect their sense of belonging.

Why Kids Coaching?

Research indicates the present generation of children and youth worldwide is demonstrating more emotional needs than the last. Educational and recreational programs as well as families are recognizing that children and youth are more angry and unruly, more lonely and depressed, more impulsive and aggressive, more stressed and nervous.

Increased self-awareness often results from examining ones emotions, behaviours, values and life purpose. This self-awareness helps when making decisions and when having to take action. Self-awareness is one of the foundational requirements of Emotional Intelligence and is a strong component in academic success. Kids Coaching will work to empower your kid's self-esteem, lower their stress and create more happiness.

Why is Kids Coaching successful?

Current research and a survey by the International Coaching Federation reports that people who have a coach show much improvement in all aspects of their life, and working with kids and teens has shown that their ability to learn and change and grasp new tools is more effective and long lasting, providing lifelong learning lessons by starting at an early age.

"Kids are our tomorrow. How are we helping them today?"

Kids Coaching will help your kids and teens with:

Self Esteem
Self Acceptance
Improved Confidence
Connected Relationships
Sense of Belonging
Learn about Self
Learn how to deal with emotions
Grief
Stress
Anxiety
Transform Negative Thought Patterns
Change Limiting Behaviours and Beliefs
Awareness of Inner Critical Voices



GLOBAL VISIONS COACHING
Inspiring courage to define your destiny... at work and play

Kids Coaching

"If we are to create real peace in the world we must begin with the children." - M. Gandhi

KIDS COACHING - provide a safe and loving space for a child to be able to tell the truth about what they think, feel and know. A space where they can open up to whatever they are experiencing without judgment or punishment.

KIDS COACHING - supports the child in their journey inward in order to assist them in discovering their dreams, goals and unlimited potential. Coaching also provides various tools for building self esteem, self worth and the ability to assist them in achieving their goals and thriving.

KIDS COACHING - assist in preparing a child for adulthood in a way that supports their body, mind and spirit using several approaches to help the child uncover what is already there.

As a KIDS COACH, I acknowledge that "a child is already naturally perfect, creative, resourceful, whole and complete." I also acknowledge that the child has all the answers within them and instead help in pointing them to the place of wisdom inside in order for them to reveal their own truth, answers and solutions. This is an empowering approach to coaching.

I am also trained in the art of listening and further break this down to three levels of listening (Internal, Client Focused and Global). Coaches are also trained in the art of asking questions, the art of "being curious". This technique allows the coach and child to explore issues in a non-judgmental and open way. Many beautiful revelations are to be had when we look at issues and personal perspectives in a curious way.

And last but certainly not least, I am highly trained in the use of intuition. This also supports the child in the area of being able to tap into their own intuition (gut feelings). Being able to recognize the subtle feelings and knowing within us is great for decision making and distinguishes what is leading the child forward or holding the child back for expressing the full beauty of who they truly are!

I look forward to coaching your child or teen in being all they can BE!

Nidhi Gupta

Nidhi Gupta, CPCC
Certified Personal Development Coach
Global Visions Coaching Inc.
Tel - 416.830.5285 Email - nidhi@globalvisionscoaching.com
Site - www.globalvisionscoaching.com

SCHEDULE A SESSION

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Transforming the world exponentially, one kid at a time...