

IS YOUR TEEN THRIVING OR SURVIVING?

How is your teen going?

As a parent of teenagers, I know this can be difficult to answer.

As a coach, I can tell you on top of the usual physical, social and emotional challenges; teens have a lot to deal with these days given the unprecedented tensions and demands of the adult world. And statistics show increasingly, our teens are not coping*.

This has a lot to do with the fact that teens view and construct their own meaning to the world differently to adults. Their brains are not fully matured, and their stage of psychological development brings a particular 'meaning-making' that influences how they engage, connect and relate.

This is why for a young person to develop and thrive, they need people who support their hope, build their resilience and strengths, and champion their journey to establishing who they are. As a parent, I understand that our own kids don't always want our advice or to hear what we have to say.

Fitmind Teen Coaching

My coaching and development program for teens is not tied to age or just about building self-confidence, but rather it works with the way the individual makes meaning, and how they see themselves in context with the world.

We look at what really matters to them and construct ways for better understanding, management and processing of their experiences and their world, from their perspective.

*<https://www.youthbeyondblue.com/footer/stats-and-facts>

FITMIND FOR TEENS

The Fitmind for Teens Program is a series of 6 x 1-hour sessions held in familiar and comfortable space such as a study room at the local library or in the privacy of your home if preferred.

The sessions are relaxed to encourage an open dialogue for addressing the needs and challenges facing your teen.

What you and your teen can expect

- A secure and safe space for conversation with no agenda other than to engage in the coaching process.
- Working on what really matters to them (relationships, school work, balancing the demands of life, goal setting).
- To discover how their needs and behaviours impact themselves and others.
- Help in developing self-regulation.
- Help to see we "have" thoughts but we don't have to "be" them.
- Help in developing a growth mindset.
- Help in recognising strengths, in themselves and others.
- Strategies for building confidence, identity, and self-worth.
- A space to think about "what sort of person do I want to be?"
- Strategies for resilience, performance and an optimistic mindset.
- Helping to view striving for success as a challenge, not stress.
- Help to increase engagement in school work.
- Help in self-belief in their capabilities
- Help with processing emotions.
- Coaching that is caring, supportive, respectful, and inclusive.



Sheena Polese

Development & Leadership Coach
MSci (Psych Coaching) Syd Uni
MBA MGSM, SLA14, Non-Exec Director
M: +61408402129
E: sheenapolese@fitmindcoaching.com.au