

The Coaching Young People For Success Program (CYPFS) adopts a **train the trainer model** that provides youth professionals & educators with the skills & resources they need to deliver powerful Life, Career & School performance Coaching Programs within their own school or organisation straight away.

CYPFS includes “turn key” Life, Career & School Performance Coaching Modules that can be delivered as stand-alone programs or as part of a step-by-step coaching system to assist young people design an **inspiring Life, Career & Performance Pathway Plan** from the inside out! Each Module can be delivered in **GROUPS or ONE on ONE**, & with the **Leaders’ Kit** – complete with its Leaders Manual, Power Point Presentations, Coaching Activity Cards & Pathway Plan Answer Worksheets – can then be used to fast track ongoing coaching & support.

Each Module incorporates the Life Business P.O.W.E.R Coaching Model that is based on proven performance enhancing strategies drawn from Coaching & Positive Psychology to optimally enhance motivation & performance. The steps assist young people to **connect to who they are, then design a meaningful pathway plan that motivates them to move ahead in their lives.**

THE 5 P.O.W.E.R COACHING STEPS INCLUDE:

Step 1:	Coach for POSSIBILITIES	Create an inspiring VISION for their life & career & school performance
Step 2:	Coach for ORGANISATION	Create a PLAN to make it happen
Step 3:	Coach for WILL POWER	Build MOTIVATION to make the effort & weigh up the costs & benefits of change
Step 4:	Coach for EMOTIONAL SKILLS	Identify the EMOTIONAL SKILLS & QUALITIES they will need to develop
Step 5:	Coach for RESULTS	Design a step by step ACTION plan for change that can reviewed & evaluated along the way

ABOUT THE MODULES:

Module 1: Career Coaching – My Life & Career Pathway Plan

The Career Coaching Module goes beyond traditional “best fit career approaches to assist every young person design their own inspiring Life & Career Pathway Plan that matches their vision, values & preferred lifestyle.

Every participant will be led on a journey of self discovery where they will complete a ‘Who am I?’ Personal Profile, & connect to who they are, what life & career they would really love – then design an action plan to get there. This module can be used for ongoing career & transition planning.

Module 2: Life Coaching – Steps for My Life Success

The Life Coaching Module is a powerful future & action-oriented approach to assist young people, enhance their emotional skills, health & wellbeing in all areas of their life. Young people will review all areas of their life using the Life Wheel, identify priority areas they need to work on & design a ‘tailor made’ personal development action plan that will assist young people & workers to focus on going coaching sessions & fast track change, learning & action.

Module 3: Performance Coaching My TOP Performance Plan (for Senior & Tertiary PLUS) Steps For My SCHOOL Success (for Year 7 – 10 students)

The My TOP Performance Plan module will teach senior students the strategies of TOP school performers, help them to identify their performance blockers & assist them design a tailor made plan to take their school performance to a new level. The Steps for My School Success Module is an effective way to empower students to take responsibility for their learning. Students will assess their current academic & personal performance at school & then set & review their own learning goals on a regular basis.

ABOUT THE LEADERS ACCREDITATION TRAINING:

The one or two-day **Leaders Accreditation Training Program & Leaders Coaching Kit** includes all the resources to deliver the modules in groups or one to one straight away.

Day 1. CYPFS Leader’s Accreditation Training

Participants will be taken step by step through the Program & learn how to deliver the Life, Career & School Performance Coaching Modules in both groups & one to one. Each participant will be registered as a CYPFS Leader & receive a Leaders Certificate. (Level 1. is delivered in conjunction with the Leader’s Resource Kit)

Day 2. Advanced Coaching Skills Training

CYPFS Leaders will learn powerful solutions focused coaching strategies, practice key one to one coaching skills & learn how to use the G.R.O.W conversation, to assist young people set meaningful goals, overcome obstacles, take action & monitor & review their success on an ongoing basis.