Coaching Package Template

Self-esteem

How kids feel about themselves is one of the biggest influences on both their happiness and on what they create in their lives. Positive self-esteem isn’t something kids either have or don’t have - feeling good about themselves, even when things aren’t going their way, is a skill that they can develop. With this coaching package you will show them how.

Lesson 1 – What is self-esteem (Skill Book 12)

- Young kids often don’t understand the concept of self-esteem or why it’s important. Read the story Yucky Me! Yahoo Me! and help kids understand that they are in charge of their self-esteem.

- Homework assignment: Have kids go through the “Let’s Practice” exercises and be prepared to discuss them at your next session.

Lesson 2 – How Your Mind Shapes Your World (Skill Book 1)

- Review key lessons from Lesson 1 (could use Wise in Fives for this).

- How kids feel about themselves is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supportive beliefs they become empowered to handle the ups and downs of growing up without getting down on themselves. Read the story Who’s Flying Your Plane and help kids
understand how their mind shapes their world and what they can do to shape their mind.

• Homework assignment: Wise in 5 for How Your Mind Shapes Your World.

Lesson 3 – Honoring Your Uniqueness (Skill Book 13)

• Review key lessons from Lesson 2 (could use Wise in Fives for this).

• Kids often live in the world of comparisons – seeing themselves as “better than” or “less than” someone else. Judgment with a feeling of “less than” leads to self-criticism and self-doubt as kids see everyone else as “better than” they are. This destroys self-esteem as kids fail to see their own uniqueness, gifts, and talents. Share the story The Sun, The Wind, and The Rain to help kids understand the danger of comparisons and discover what is great about themselves.

• Homework assignment: Complete the activities “The Gift of Me!” and “Exploring Gifts” in the Children’s Guide.

Lesson 4 – Neural Pathways (Skill Book 3) and Self-talk (Skill Book 15)

• Review key lessons from Lesson 3 (could use Wise in Fives for this).

• Children’s thoughts about themselves create the way they experience themselves. Every time they think about themselves – either in the positive or in the negative – neural pathways are created which establish their beliefs about themselves.
People can tell kids that they are great, but if they don’t believe it deep down, then it doesn’t matter. Help kids understand that what they say to themselves is more important than what anyone else says to them.

In this lesson kids learn how to use the power of positive self-talk to create positive beliefs about themselves and to create strong self-esteem.

First read the story, *Pathway to Success* to help kids understand about why neural pathways are so important and then read the story *Choosing Your BFF (Best Friend Forever)* to help kids understand how to use the power of positive self-talk and become their own BFF.

- Homework Assignment: Create a mirror mantra and practice it every day.

**Lesson 5 – Power Shifting (Skill Book 5)**

- Review key lessons from Lesson 4 (could use Wise in Fives for this).

- When things don’t go their way, kids often get down on themselves. A powerful skill for kids to learn is how to separate both events and their results from “who they are”. We call this power shifting (often referred to as reframing). Read the story *Power Goggles* and help kids understand how to handle the ups and downs of growing up without getting down on themselves.

- Homework assignment: Complete the Wise in 5s for Power Shifting skill book.
Coaching Package Template

*Self-confidence*

Whether or not kids believe in themselves will shape who they are and what they create in their lives – do they go for it in life or do they sit on the sidelines? Powerful self-confidence isn’t something kids either have or don’t have. Believing in themselves, even after they’ve experienced a disappointment, is a skill that they can develop!

Kids often feel they have to feel confident *before* they do something new; however, exactly the opposite is true. The fear doesn’t go away and the confidence doesn’t come until *after* they take action.

The good news is that they can learn how to believe in themselves, even when there is no evidence that they will be successful!

*Lesson 1 – What is self-confidence (Skill Book 14)*

- Self-confidence is a skill that can be developed. Read the story *Canville and Can’tville a Tale of Two Towns!* and help kids understand the power and the impact of an “I can” belief system.

- Homework: Discuss the power of stretch activities with your clients. Then agree upon two or three activities that they can complete before your next meeting.
Lesson 2 – How Your Mind Shapes Your World (Skill Book 1)

- Review key lessons from Lesson 1 (could use Wise in Fives for this).

- What kids accomplish in life is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supportive beliefs they become empowered to handle disappointments without giving up on themselves. Read the story *Who’s Flying Your Plane* and help kids understand how their mind shapes their world and what they can do to shape their mind.


Lesson 3 – Power of Possibility (Skill Book 2)

- Review key lessons from Lesson 2 (could use Wise in Fives for this).

- Belief systems shape what kids see as possible for their lives. Kids who don’t believe in themselves or who don’t think their dreams are possible will live in excuses and develop an “I can’t attitude”. Learning how to develop a belief system based on possibilities will help kids bust outside of their comfort zone, create courage, and go for it in life - even when there is no evidence that they will be successful. Share their story, *Power of Possibility*, and help kids learn that they achieve what they believe!

- Homework: Wise in 5s for the skill book *Power of Possibility*. 
Lesson 4 – Neural Pathways (Skill book 3) and Managing Fear (Skill Book 24)

- Review key lessons from Lesson 3 (could use Wise in Fives for this).

- Learning how to move through anxiety and fear helps kids learn how to believe in themselves when facing something new. First read the story, *Pathway to Success* to help kids understand that anxiety is a natural response to doing something new because their brain hasn’t developed neural pathways about the new experience. Second, read the story *Slaying Dragons* to help kids learn three common thought patterns that create fear and a five-step process for moving through that fear and creating courage.

- Homework: Complete the activities “Using the Five Steps” and “Practice Slaying Dragons” from the skill book *Managing Fear*.

Lesson 5 – Conditional Thinking (Skill Book 15)

- Review key lessons from Lesson 4 (could use Wise in Fives for this).

- Read the Story *If Then Ben (Part 1)* and help kids learn how conditional thinking can kill their confidence. Then talk with them about what they learned in *Power of Possibility* to turn conditional thinking into “How can I?"

- Homework: Complete the activities in the skill book *Conditional Thinking*. 
Lesson 6 – Self-talk (Skill Book 15)

- Review key lessons from Lesson 5 (could use Wise in Fives for this).

- Children’s thoughts about themselves create the way they experience themselves and their world. Every time they think about themselves – either in the positive or in the negative – neural pathways are created which establish their beliefs about themselves. Help kids understand that what they say to themselves is more important than what anyone else says to them. They can use the power of positive self-talk to create positive beliefs about themselves and to create strong self-confidence.

  Read the story Choosing Your BFF (Best Friend Forever) to help kids understand about the power of positive self-talk and how it shapes their lives.

- Homework Assignment: Create a mirror mantra and practice it every day.

Lesson 7 – Power Shifting (Skill Book 5)

- Review key lessons from Lesson 6 (could use Wise in Fives for this).

- When things don’t go their way, kids often get down on themselves which devastates self-confidence. A powerful skill for kids to learn is how to separate their results from “who they are”. We call this power shifting (often referred to as reframing). Read the story Power Goggles and help kids understand how to handle the ups and downs of growing up without getting down on themselves.

- Homework assignment: Complete the Wise in 5s for the Power Shifting skill book.
Coaching Package Template

*Building Resilience*

Building resilience means helping kids develop the skills to handle the ups and downs of growing up without getting down on themselves or giving up on themselves.

Developing resilience is one of the most important mindset skills for kids to learn because their ability to pick themselves up again when things don’t go their way will directly shape who they become and what they create in their lives.

The good news is that resilience can be taught. At Adventures in Wisdom™ we call this slaying dragons! To learn how to slay dragons, kids learn specific skills for managing mistakes, overcoming fear, moving past disappointment and failure, and handling change. The key to handling these challenges is learning to use power shifting skills, developing supportive belief systems, using positive self-talk, and practicing visualization.

With this coaching package, kids learn how to get back up again after falling down so that disappointments and failures don’t keep them from their dreams.

*Lesson 1 – How Your Mind Shapes Your World (Skill Book 1)*

- What kids accomplish in life is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supportive beliefs they become empowered to handle disappointments without giving up on themselves. Read
the story *Who’s Flying Your Plane* and help kids understand how their mind shapes their world and what they can do to shape their mind.

- Homework: Wise in 5s for the skill book *How Your Mind Shapes Your World!*

**Lesson 2 – Power of Possibility (Skill Book 2)**

- Review key lessons from Lesson 1 (could use Wise in Fives for this).

- Belief systems shape what kids see as possible for their lives. Kids who don’t believe in themselves, who have faced disappointments or failure, or who don’t think their dreams are possible can develop an “I’m not good enough” or an “I can’t” attitude. Learning how to develop a belief system based on possibilities will help kids bust outside of their comfort zone, create courage, and go for it in life - even if they’ve stumbled in the past. Share their story, *Power of Possibility*, and help kids learn that they achieve what they believe!

- Homework: Wise in 5s for the skill book *Power of Possibility*.

**Lesson 3 – Overcoming Mistakes (Skill Book 23)**

- Review key lessons from Lesson 2 (could use Wise in Fives for this).

- Everyone makes mistakes, it’s part of life. In this skill book, kids learn that mistakes are opportunities to learn and to grow. In this lesson, they learn the “Five I’s of managing mistakes” so they know how to learn from the mistake and let it go.
• Homework assignment: Do the activities in the *Overcoming Mistakes* Children’s Guide including “Let’s Practice”, the “Rock Art Project”, and the “Journal Exercise”.

**Lesson 4 – Managing Fear (Skill Book 24)**

• Review key lessons from Lesson 3 (could use Wise in Fives for this).

• Kids will face many challenges in life but the strongest opponents they will face are the dragons that can flood their mind. Thoughts of self-doubt, concerns about other people’s opinion, and fear of the unknown can devastate self-esteem and self-confidence – freezing kids in their tracks and keeping them from their dreams. Kids learn that dragons are just creations of their mind and that they can use the five steps for moving through fear to move through the fear and go for it.

• Homework: Complete the activities “Using the Five Steps” and “Practice Slaying Dragons” from the skill book *Managing Fear*.

**Lesson 5 – Self-talk (Skill Book 15)**

• Review key lessons from Lesson 4 (could use Wise in Fives for this).

• Children’s thoughts about themselves create the way they experience themselves and their world. Help kids understand that what they say to themselves is more important than what anyone else says to them. They can use the power of positive self-talk to move through fear, to overcome mistakes,
disappointments, and to manage change. Kids learn that how they talk to themselves creates confidence and courage.

• Homework Assignment: Create a mirror mantra and practice it every day.

Lesson 6 – Moving Past Failure (Skill Book 25)

• Review key lessons from Lesson 5 (could use Wise in Fives for this).

• Kids learn that failure is an event and not who they are. They learn that failure is only a failure if they allow it to keep them from their goals and dreams. Kids learn how to put failure “in a box” so they can learn from it and move forward in their power.

• Homework Assignment: Complete the “Let’s Practice” activity in the Moving Past Failure Children’s Guide.

Lesson 7– Visualization (Skill Book 20)

• Review key lessons from Lesson 6 (could use Wise in Fives for this).

• Visualization is the process of imagining yourself in the future having already achieved your goal. Scientific research has proven that your mind cannot tell the difference between an experience you vividly imagine and an experienced that is real. When you use visualization to practice success in your mind, you develop strong neural pathways to prepare your mind to succeed. Visualization is a very
powerful skill for helping kids manage change, move through fear, and pick themselves up after facing a disappointment or failure.

- Homework Assignment: Complete the “Let’s Practice” activity and the “Create Your Day With Visualization” activity in the Visualization Children’s Guide

Lesson 8 – Managing Change (Skill Book 26)

- Review key lessons from Lesson 7 (could use Wise in Fives for this).

- Kids learn that change is a critical part of life. They cannot create who they want to be by staying where they are. Only by accepting and embracing change can they move forward in their power. Kids learn the three steps for managing change and learn that handling change builds powerful self-confidence as they learn how to handle anything that comes their way.

- Homework assignment: Discuss three changes that your clients are facing. Have them work through the three steps for managing change.
Coaching Package Template

Standing Up to Peer Pressure

Peer pressure is one of the toughest challenges kids face while growing up. It is also one of the top reasons why kids get into trouble. Unfortunately in the age of camera phones and the Internet, the mistakes kids make can haunt them for the rest of their lives.

To stand up to peer pressure, kids must first decide who they are and what they stand for. Second they must choose what they want for themselves before they are in a tough situation. And finally kids must learn how to say “no” to their peers and “yes” to themselves. With this coaching package you will show them how.

Lesson 1 – The Power of Self-responsibility (Skill Book 6)

- Kids learn that when they take 100% responsibility for their lives it gives them their ultimate power. They get to choose who they want to be, what they want to think, how they choose to feel, how they choose to act, and what they want to create - it is their choice. Share the story, Victim Victor Finds His Power and help kids learn to be “the boss of me”. After the story, step through the “Let’s practice” activity so your clients can see how taking responsibility helps them be more powerful in all areas of their lives.

- Homework: Ask your clients to look for ways to be self-responsible. They should be ready to report back at the next session. You may also want to assign a Wise in 5 activity as well.
Lesson 2 – Integrity (Skill Book 7)

- Review key lessons from Lesson 1 (could use Wise in Fives for this).

- Integrity means doing the right thing, even when no one else is looking. When kids live their lives with integrity they learn to trust themselves and others can trust them too. This leads to power self-confidence and self-esteem as they learn that their word matters even if they are the only person who hears it.

  Share the story No One Will Know Nelson and help kids learn about the power of integrity! Also discuss challenges to integrity and how to handle broken integrity. End the session with the “How red is the water” exercise.

- Homework assignment: Ask your clients to share the “How red is the water” exercise with their family and to practice choosing integrity. Have your clients come back with examples where they (or others) chose integrity and where they (or others) did not choose integrity and what type of impact those decisions had.

Lesson 3 – Respect (Skill Book 8)

- Review key lessons from Lesson 2 (could use Wise in Fives for this).

- In this lesson, kids learn that every time they are with someone they leave a “mark” depending on how they treat them. Treating others with respect means following the Golden Rule – to treat others as you would want to be treated. They learn that when they use manners and treat others with kindness, they leave “gold hearts” everywhere. Share the story, Make Your Mark with The Golden Rule. Have your clients discuss how they would handle the scenarios at the end of the Children’s Guide.
• Homework assignment: Have your clients talk with their family about The Golden Rule. Ask them to check in with themselves each night by asking the question, “What type of mark did I make today?”

Lesson 4 – Self-respect (Skill Book 9)

• Review key lessons from Lesson 3 (could use Wise in Fives for this).

• Having self-respect means giving yourself a “gold heart”. It means standing by your values and treating yourself with as much kindness, patience, compassion, and understanding that you would have with your best friend, your favorite teacher, or your favorite relative. Choosing self-respect builds powerful self-esteem. Share the story, My “Mark” on Me, and talk about the tips listed in the Children’s Guide to help kids learn how to develop self-respect.

• Homework assignment: Have your clients talk with their family about the second part of The Golden Rule. Ask them to check in with themselves each night by asking the question, “What type of mark did I make on me today?”

Lesson 5 – How to Make Good Decisions (Skill Book 10)

• Review key lessons from Lesson 4 (could use Wise in Fives for this).

• When children are born, their parents make 100% of their decisions for them – from what they eat to what they wear to where they go. By the time they leave home, they need to be able to make good decisions for themselves 100% of the time! As a coach, you get to teach your clients how to do that!
Knowing what they believe about key issues such as cheating, lying, stealing, using drugs or alcohol, engaging in sexual activity, and cutting class can help your clients stand against peer pressure and stay focused on their goals.

This skill book teaches children tools they can use to make good decisions and provides a platform for them to make a decision about many of the critical issues listed above before they actually face them. Share the story Charlie Chooses Charlie to help your clients understand the importance of choosing what they want for themselves before they are in a peer pressure situation.

Homework assignment: This is a great session to bring parents into the conversation. Talk with your clients about the “Four C’s of Decision Making” and have them work through the activity, “What I choose for me”.

Lesson 6– Standing up to peer pressure (Skill Book 11)

- Review key lessons from Lesson 5 (could use Wise in Fives for this).

- For kids, knowing what they stand for, choosing what they want for themselves, and learning how to say “no” to peers and “yes” to themselves is critical for standing against negative peer pressure. Share the story Copy Cat Cathy and discuss the five different types of peer pressure. Have your client brainstorm examples for each type of peer pressure. Also discuss different “no” statements and have your clients select two or three that work for them. Go through the “Let’s Practice” section and practice the scenarios. Role playing is a critical part of developing this skill because it helps kids identify challenging situations and lets them practice how to respond to them.
Homework assignment: Have your clients talk with their family about the five different types of peer pressure and how they plan to say “no” if pressured to do something they don’t want to do.
Coaching Package Template

Making Dreams Come True without the Fairy!

Throughout history, humans have made the once “impossible”, possible – from electricity, to airplane flight, to cell phones, to open heart surgery – impossible dreams have become day-to-day conveniences of the modern world.

And it is all the result of dreaming!

Someone thought of an idea, believed in that idea, and took action to make it happen.

Kids learn that no one can make their dreams come true except for them. In this package kids learn a three step process for creating a life of their dreams. They create a vision for their lives, learn how to use goal setting to take action on their vision, and learn how to use the Law of Attraction tools of visualization, affirmations, and gratitude to “program” their mind for success.

With DreamPower kids learn how to make their dreams come true without the fairy!

Lesson 1 – Power of Possibility (Skill Book 2)

- Belief systems shape what kids see as possible for their lives. Kids who don’t believe in themselves or who don’t think their dreams are possible will whittle down their dreams to fit their current circumstances. Learning how to develop a belief system based on possibilities will help kids bust outside of their comfort zone, create courage, and go for it in life - even when there is no evidence that
they will be successful. Share their story, *Power of Possibility*, and help kids learn that they achieve what they believe!

- Homework: Wise in 5s for the skill book *Power of Possibility*.

**Lesson 2 – Conditional Thinking (Skill Book 27)**

- Review key lessons from Lesson 1 (could use Wise in Fives for this).

- Kids often think that certain things must be in place before they can do something. For example, “If I were taller then I try out for the basketball team.” This “if…then” thinking is called conditional thinking and it destroys dreams. In this lesson kids learn that conditional thinking steals their power as they become a victim of their circumstances and limiting beliefs. They learn how to break through conditional thinking and go for their dreams. Share the story *If Then Ben Part 1* and also tie in the learning from Lesson 1 about looking for possibilities.

- Homework assignment: Ask your clients to watch out for conditional thinking and bring back 5 examples that they experienced in their own lives.

**Lesson 3 – Create Your Vision (Skill Book 17)**

- Review key lessons from Lesson 2 (could use Wise in Fives for this).

- Children learn the importance of setting a vision for their lives so they don’t drift through life. They learn the importance of dreaming big and to not let circumstances determine what they want in life.

- Homework assignment: Have your clients create a vision board and a vision statement. See activities in the *Creating Your Vision* Children’s Guide.
Lesson 4 – Goal Setting (Skill Book 18)

- Review key lessons from Lesson 3 (could use Wise in Fives for this).

- Children learn that making their dreams come true involves much more than a vision board – they must take action as well. They learn how to break their goals into tasks and how to track their progress using both a list method and a calendar method. Children learn how to handle disappointment if they don’t reach their goal and how to celebrate success and enjoy their journey along the way. Kids learn that when they plan their goals they plan their success.

- Homework: Have your clients develop a goal plan for three of their goals.

Lesson 5 – Law of Attraction (Skill Book 19)

- Review key lessons from Lesson 4 (could use Wise in Fives for this).

- Children are introduced to the power of the Law of Attraction and how “what we think about we bring about.” Children learn about the benefits of positive thinking and positive energy and are introduced to the tools of visualization, affirmations, and gratitude to “train their brain” for success.

- Homework Assignment: Have your clients come back with a list of 10 things they would like to attract into their lives.
Lesson 6– RAS (Skill Book 4) and Visualization (Skill Book 20)

- Review key lessons from Lesson 5 (could use Wise in Fives for this).

- Visualization is the process of imagining yourself in the future having already achieved your goal. Scientific research has proven that your mind cannot tell the difference between an experience you imagine and an experience that is real. When you use visualization to practice success in your mind, you develop strong neural pathways to prepare your mind to succeed. Visualization is a very powerful skill for helping kids manage change, move through fear, and pick themselves up after facing a disappointment or failure. Also teach kids about their Reticular Activating System and how to use it, in conjunction with visualization, to help them achieve their goals.

- Homework Assignment: Complete the “Let’s Practice” activity and the “Create Your Day With Visualization” activity in the Visualization Children’s Guide

Lesson 7 – Affirmations (Skill Book 21)

- Review key lessons from Lesson 6 (could use Wise in Fives for this).

- Affirmations are positive statements you say to yourselves about what you want. Affirmations are very powerful tools for “programming” both your conscious mind and your subconscious mind to achieve your goals and can also be used to “reprogram” negative belief systems. Whereas visualization creates neural pathways and stimulates your RAS using visual input, affirmations does the same thing using audio input. When used together visualization and affirmations prepare you to create magic in your life!
Homework assignment: Have your client develop three affirmations and recite them daily.

Lesson 8 – Gratitude (Skill Book 22)

- Review key lessons from Lesson 7 (could use Wise in Fives for this).
- Children learn the power of gratitude! Gratitude is a positive feeling or emotion you feel when you acknowledge the things you are thankful for, grateful for, and appreciate in your life. Gratitude is a powerful tool for shifting your mood and creating happiness. In fact, research has shown that people who develop a daily practice of gratitude live happier lives!

- Homework assignment: Have your clients complete the activities in the Gratitude Children’s Guide.