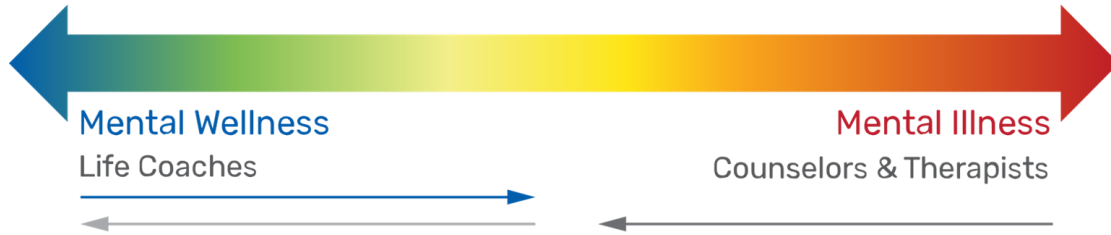


Child Life Coaching & Counseling

How BOTH Support Children's Mental Health



Life Coaching

Helps children build a foundation for mental wellness by developing mindset skills for self-esteem, confidence, resilience, happiness, and self-leadership so that they can be prepared to thrive in life.



Mental wellness



Mental illness

Counseling

Helps children who are struggling with a mental health diagnosis or mental health issue by supporting them in recovering their mental and emotional health.

Proactively helps children *before* there is a crisis. Children learn to develop resilience and coping skills so that they can navigate life's disappointments, manage change, move past mistakes, manage worries, overcome fear, and move through life feeling empowered.



Prevention



Intervention

Helps children who are in crisis and struggling to function day-to-day, get back on track and lead a more productive life.

Coaches help children develop empowering mindset skills through training, discussion, and activities so that children learn and apply the skills to their own lives.



Training



Treatment

Counselors often treat children dealing with a diagnosis behind emotional and/or behavioral problems such as ADHD/ADD, Autism, OCD, etc., so that they can manage these conditions.

Coaches help children love and honor themselves, respect themselves and others, make good decisions and stand up to peer pressure, feel confident to try new things, and teaches how to set and achieve goals, so that kids create a life they love.



Creating their future



Healing for their future

Counselors help children heal from serious issues such as severe anxiety, depression, self-harm, abuse, and trauma so that they can regain their mental health.

Life coaches are part of a parent's team and provide invaluable mental wellness training to children who are not in crisis. Coaches often help children who are struggling with self-esteem, confidence, shyness, worries, fear, change, and social/friendship issues.



Available now



Waiting lists

In this post-Covid world, most cities across the US have waiting lists for counselors and therapists - leaving so many children without support when they need it the most.