

Coaching explained

Coaching 13+

How coaching can support a young person?

Coaching uses a solution focused approach. The present with the future in mind are key.

The coaching programme we offer at Kids Inspire is an evidence based programme developed by Worth It (<http://www.worth-itprojects.co.uk/>). The model is founded on principals taken from positive psychology. This enables the individual to build upon their strengths and positive attributes in order to reshape their outlook on life.

Coaching looks at situations that the individual is finding difficult and helps develops new skills and coping strategies to promote new habits, attitudes or abilities to deal with the situations.

Who coaching can support?

- Young people who are struggling to manage their behaviour e.g. anger outbursts, withdrawal triggered by depression
- Young people who need support to increase their motivation, aspiration and achievements
- Young people who need to develop self – belief, self-worth and confidence
- Young People who appear anxious or appear to be suffering with stress
- Young people who require support in developing communication and interpersonal skills



Mentoring explained

Mentoring 8+

How mentoring can support a young person?

Mentoring is a one to one relationship which can be described as a professional friendship.

Our mentors are positive role models for their mentees, who listen, guide, encourage and motivate the individuals they support.

Through regular and frequent contact, the mentor and mentee build up a trusting and honest relationship. Our mentors are matched with mentees based on mutual interests, experiences and locations.

Mentors and Mentees both state that their relationships are life changing.

Who mentoring can support

- Young people who have difficulties making and keeping friendships
- Young people who are perpetrators or targets for bullying
- Young people showing signs of anxiety – overly worried
- Young people who have difficulty having one on one time at home or in school
- Young people who do not have an adult that they can communicate with and would benefit from this professional relationship outside their families or schools.

