

# IMPACTIFY

POWER - LIGHT - HOPE

## Incredible (ME) Life Coaching!



Kidz Life Coaching

### **Why Choose Incredible Me Kidz Coaching your child?**

We were all wonderfully created by God as mind, body, and soul...

AND according to His image and likeness. Gen 1:26.

For far too long people (adults, teenagers, and children) have lived below their true potential.

Despite their best efforts, to work hard, do good in school and be a good person, they continue to live unfulfilling lives and are left wondering what is the real meaning of life and is it really worth it to give it your all?

Incredible Me Kidz coaching focuses on the individual's holistic development.

A holistic approach means that a person works to maintain a good balance between mind, body, and soul. Although each one of us at one time or another suffers from an imbalance that affects us in a way, the program is designed to restore or reset balance, be more focused and motivated to truly live a life worth living by reaching their full potential.

Many children and teenagers are resistant to therapy because of social stigma. Coaching does not carry the same sort of emotional weight for kids.

When children and teenagers do not feel that the sort of help they are receiving is labelling them as deficient in some way, they are more likely to comply and even enjoy their sessions that will assist them and equipping them with the relevant tool kit and mind set for life's challenges to become the next generation of successful leaders ordained by Godly principals.

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## **How can Kidz coaching help Your Child?**

A life coach can help your child identify obstacles and set realistic and incremental goals for overcoming them and ensuring that they are motivated and present in the moment and have a hope for the future.

The dormant, unawakened seed needs to be activated the potential inside the child.

A coach will work with your child as a partner and ally, as they work together to formulate a personalized plan with goal setting, realigning beliefs and positive and supportive values that they can create a happy, fulfilled and successful life for themselves.

Coaching increases self-esteem by allowing your child to gain access to a wide variety of tools that will help them to reach their full potential.

This can include learning to be more organized, taking personal responsibility, learning positive ways to be socially engaged, as well as balancing school, social activities, and family life.

Just like adults, children sometimes realize that something in their life needs to change, but they are unable to identify precisely what that something is.

Our goal and aim is to help people prosper in life, to create a positive wave of blessing and energy for the coming generation who will be reaching their full potential by being the best version of themselves that they can possibly be.

Kidz coaching are a great choice for kids or teenagers who need a solid plan for staying on track with school and other responsibilities ensuring that they understand that they can do all things through Christ. Phil 4:13.

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Kidz Coaching can also help with the implementation of skills that will improve relationships with themselves teachers, parents, other authority figures, and peers.

Many children and teenagers do not know their own worth, do not like themselves, have a negative self-image and therefore not interested to do well in school.

Coaching will add to life skills (successful learning and living), constructive coping strategies (including attitude, mind set and choices) be beneficial for school and life balance, creating a foundation for loving relationships, resilience, and mental and physical wellbeing.

This assists that they have a hopeful vision for themselves, with a future of prosperity and abundance. Jeremiah 29.11.

As per D. Roosevelt: "We cannot build the future for our youth, but we can build our youth for the future."

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## What is life coaching for kids?

A good example that I like to use is, just like a rugby, netball, and cricket coach helps kids develop the skills confidence and ability to thrive on the sport field.

A life coach helps kids develop the skills confidence and ability to thrive in life

*It is based on Godly principals which address all three areas of the kids:  
Body, soul and spirit.*

*Psalm 139:14, "I am fearfully and wonderfully made!"*

It is about mindset development and a positive can-do outlook on life.  
Life coaching is about helping kids learn how to use the power their thoughts and the power their mind to own their magnificence and to reach their fullest potential through life coaching for them to be the best version of themselves that they can possibly be.

*Proverbs 17:22 A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones*

Kids learn how to develop resilience so they can bounce back from disappointment when life throws them those curve balls.

Through coaching kids learn how to develop self-esteem from the inside out so that their self-esteem is based on who they are and not based on who they are with or what they have accomplished or what others say they are (Identity in Christ).

Life Coaching helps kids learn to believe in themselves and to develop self-confidence so they can move through fear and anxiety and stretch outside of their comfort zone and go for their goals and go for their dreams  
Life Coaching also helps kids learn how to develop their inner compass and learn how to develop the values, behaviours and beliefs of self-leaders.

It is about building their emotional intelligence (self-awareness, self-regulation, internal motivation, social skills, and empathy) and sense of self-worth.

This gives them a solid internal foundation on which to stand against the pressures of our modern world.

They learn how to make good decisions so they can stand up to peer pressure and be their own person.

Kids learn how to live life with intention and with direction they learn how to set and achieve their goals so they can reach their fullest potential.

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Kids learn through practical examples, stories, activities, and they can make use of the tools that they have been taught.

## Self Esteem – Incredible Me

Self-esteem is a child's feeling of self-worth.

Self-esteem encompasses beliefs about oneself (for example, "I am unloved", "I am worthy") as well as emotional states, such as triumph, despair, pride, and shame. It is how they see themselves in the world, what they think and believe about themselves that matter.

Babies are not born with self-esteem naturally, it is formed and develops over time, with all life's experiences, encounters, and the impact of the environment on them.

Our children need to know they were fearfully and wonderfully made (Psalm 139:14).

How do they measure themselves and how they should measure themselves? They are unique and set apart from this world. They should measure themselves against God's principles and not according to the world like pop stars, movie stars, or famous people unless it is a God-fearing man/woman of God.

What is a good self-esteem vs the self-obsessed selfie world that we live in? There is no better guideline for self-esteem than what God has to say about us.

Our children need to know the following:

They were fearfully and wonderfully made (Psalm 139:14).

They are precious to God and dearly loved (Isaiah 43:4).

God valued His relationship with them so much that He paid for it with His own Son's life (John 3:16).

*They also need to know the rest of the story.*

Children also need to know that we are all sinners at the core (Romans 3:23). They need to know that, left to their own devices, they are nothing short of God's enemies (Colossians 1:21).

Will these truths undermine their self-esteem? ***Absolutely not!***

Because guess what...our kids *already know* they are not perfect. Even without anyone telling them, they learn it from their God-given consciences.

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Coming to understand that they are full of faults and flaws, but that God *loves them anyway* is one of the biggest possible boosts to self-esteem.

To be loved *unconditionally* by One who knows every single rotten, ugly, evil thing about them indicates their *intrinsic worth* — the value God sees in them apart from what they do or how they serve...just because of who they are.

*My self esteem is secure when it is based and grounded in the opinion of my Creator.*

Incredible Me – Kids

Theme song: I am happy....

Who am I?

You are a son or a daughter, a brother, sister, cousin, niece, and a nephew.

You are a student and a friend.

Maybe you are a good sandwich maker, or coffee maker or an excellent baker.

All the above is true, besides all the above, you must remember you are an

Unique individual. There will never ever be another person like you.

I am incredible, I am fearfully and wonderfully made (Psalm 139:14)

I am precious and dearly loved (Isaiah 43:4).

I am one of a kind and unique.