



# **Life Coaching for Kids: A Practical Manual to Coach Children and Young People to Success, Well-being and Fulfilment**

*Nikki Giant*

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# Life Coaching for Kids: A Practical Manual to Coach Children and Young People to Success, Well-being and Fulfilment

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## **Life Coaching for Kids: A Practical Manual to Coach Children and Young People to Success, Well-being and Fulfilment** Nikki Giant

Life coaching is a great way to help children and young people build self-esteem, set positive goals and deal with difficult issues such as bullying, anxiety and poor body image.

This book sets out what life coaching is and how it works, what the benefits are, and how to go about coaching children and young people. Part 1 covers the background, theory and different types of coaching, and Part 2 explores the life coaching model and different techniques used, with examples of how coaching works in practice and how to build skills. The third part contains activities and photocopiable worksheets to use in practice with young people. They include general activities to develop self-esteem, set goals and build confidence, as well as activities for specific issues such as bullying, poor body image, relationships and anxiety.

Suitable for use with young people aged 9-16, this practical guide is ideal for coaches, teachers, counsellors and youth workers wanting to put coaching into practice with young people, and is also suitable for parents to use at home with their child.

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