



## Life Coaching for Teens

Is your teen

- **Unmotivated?**
- **Uncertain about their future?**
- **Making questionable decisions?**

**You are not alone**, and we can help. Many teens in this situation do not need therapy and do not have learning problems. The truth is, most adolescents are still trying to figure out what motivates them, how their personality works, and what their natural gifts are.

Next Element offers a non-threatening coaching program for you and your teen that will help them realize what motivates them and how to experience success in whatever direction they choose to go with their life.

By completing the online personality pattern inventory (PPI), and three coaching sessions you and your teen will have tools to understand:

- Specific inborn gifts and abilities
- How to get psychological needs met in healthy ways
- How to recognize and avert predictable power struggles
- Coping strategies for dealing with stress
- Most suitable academic settings and careers
- Coaching and support tips for parents

**Cost:** \$500, includes profile, personal workbook, action plan, and three hours of coaching.

**To schedule:** Call 316-283-4200. Your teen will receive an e-mail with instructions to complete an on-line assessment. Then, one of our coaches will meet with you and your teen to review results and provide coaching. Appointments can be scheduled at a time and location convenient for you.

Next Element also offers a variety of seminars for personal and professional growth.