



STANDINGSTRONG™

Youth Coaching **Parent Participation Guidelines**

A step-by-step
guide for parents and carers

**Welcome to your Standing Strong® Youth
Coaching Parent Guidelines.**

These guidelines have been developed to help you and
your child get the most out of your Youth Coaching
sessions.

www.standingstrongclubs.com

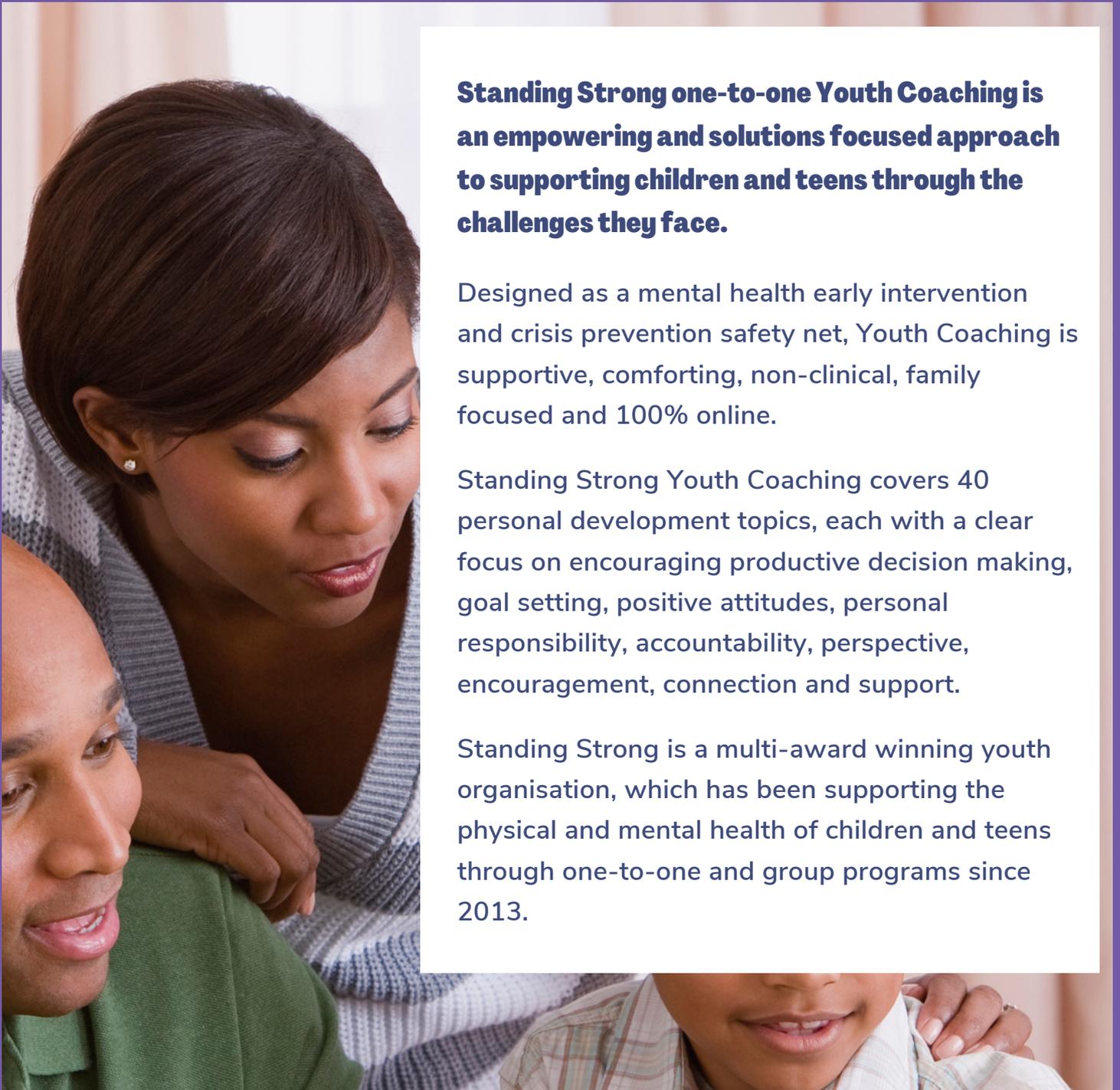
What is Standing Strong Youth Coaching?

Standing Strong one-to-one Youth Coaching is an empowering and solutions focused approach to supporting children and teens through the challenges they face.

Designed as a mental health early intervention and crisis prevention safety net, Youth Coaching is supportive, comforting, non-clinical, family focused and 100% online.

Standing Strong Youth Coaching covers 40 personal development topics, each with a clear focus on encouraging productive decision making, goal setting, positive attitudes, personal responsibility, accountability, perspective, encouragement, connection and support.

Standing Strong is a multi-award winning youth organisation, which has been supporting the physical and mental health of children and teens through one-to-one and group programs since 2013.





How it works...

First Session:

The first session is a 'get-to-know-you' discovery session. Your Youth Coach will explore 6 key areas of your child's life and uncover what your child feels is going well and what is not going so well. From there, together they will explore what changes your child feels would be beneficial to their life. By the end of the first session, your child and their coach will create a goal for your child to move forward with. They will also explore the Standing Strong topics which are available for ongoing sessions.

Ongoing Sessions:

Each ongoing session covers a particular Standing Strong topic. Topics can be chosen by parents/carers, children/teens, or can be recommended by Youth Coaches. When booking future sessions, you will be able to select the particular topic you would like your child to explore within the session. During the session your Youth Coach will go through a series of discussion questions related to the topic, top tips for creating positive change related to the topic, challenge questions to work through and a take home goal. There will also be a motivational component to help inspire, empower and uplift your child.

Parent Participation in Youth Coaching Sessions



What to expect and what's expected...

As a parent or carer, you are welcome to participate in your child's Youth Coaching sessions. We often find parent participation within the sessions can be a wonderful parent/child bonding opportunity.

If you would like to participate in your child's session, there are a few very important guidelines for you to follow.

We highly recommend you talk with your child about how they feel about you being involved in the sessions before the session commences. Some children are open to their parents being involved, others are not (please note this can change as the sessions progress). It's important that your child is comfortable with you participating in the sessions. If they are not, generally they will not open up as much and will not gain the full benefits of the sessions.

You are welcome to join in at the beginning (especially in the first session) and then leave your child and coach for the remainder of the session. You are also welcome to come and go, or join in at the end for a session recap. Our Youth Coaches are very supportive of parents being involved as long as parents follow the parent participation guidelines.

When participating, it's important to adhere to the following recommendations:

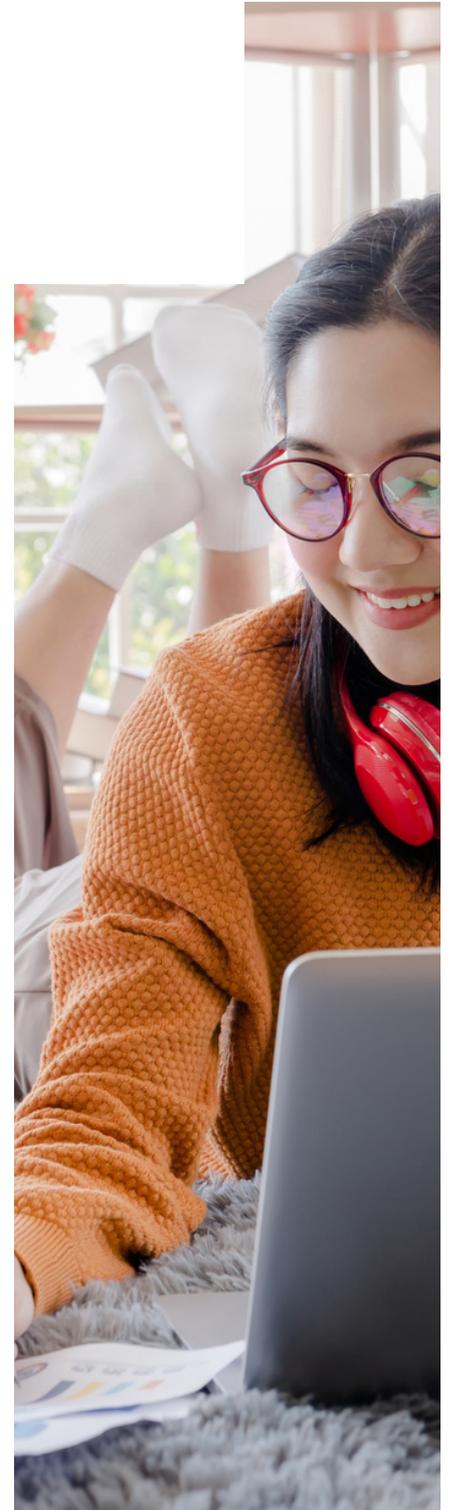
- 1.** Be aware of your own emotions. You may not agree with things your child says or feels. Your child's responses within the sessions may trigger difficult emotions for you. It's important to remember the Youth Coaching sessions are about your child's feelings and experience. It is extremely important for your child to feel safe and comfortable to express their true feelings without worrying about your reactions.
- 2.** Take off your 'parent hat' and allow your child to take the lead in the session. Please resist any urge to speak for, or over your child. Remember, during the coaching sessions it is not your role to fix your child's problem/s or offer advice unless your input has been asked for.
- 3.** You must respect the Youth Coach and the process they follow. This includes listening to the Youth Coach, not speaking over the Youth Coach and allowing the Youth Coach to lead the session. Remember, your Youth Coach has been specially trained in what they do.



Participation Recommendations Cont.

4. It is important that you don't ask your child complex or personal questions within the session, especially if the questions have not been asked by the Youth Coach. Youth Coaching is uplifting, motivating, empowering and goal focused. It is not counselling or psychology. Our Youth Coaches are specifically trained not to explore or respond to complex personal and family issues. If issues arise, your Youth Coach will redirect the conversation back to the session plan and topic. Your Youth Coach is however trained to offer you a referral to a counsellor if you require more support.

5. Enjoy the session with your child. Interact as an equal participant and take the session as an opportunity to do your own personal development. Many of the discussions covered in the sessions will be relevant for you too. Embrace the session as your own opportunity to reflect, learn and grow. The more you participate along side your child as two individuals, the more your child will enjoy you participating and the more you will learn about each other (key bonding opportunity!).



Youth Coaching Post Session Top Tips...

- Show your child how proud you are of them for participating in the session.
- Ask your child if they would like to share their favourite 'takeaways' with you.
- Respect your child's privacy if they do not want to share.
- If you participated in the session, share something you learnt about yourself as well as something you learnt about your child during the session.
- If you participate in the session, thank your child for allowing you to be a part of the experience and share with them what it meant to you.
- Go through the Youth Coaching topics with your child and find out what they would be interested in discovering.
- Contact Standing Strong HQ if you have any questions regarding your child's Youth Coaching sessions.



*"Youth
Coaching is a
listening ear, a
caring heart
and a nudge in
the right
direction".*

- STANDING STRONG



Booking Future Youth Coaching Sessions

Future Youth Coaching sessions focus on one particular topic each. There are forty Standing Strong topics to choose from (see page 9). You are welcome to ask for your Youth Coaches recommendation for future sessions, or you and your child can select the topic/s you would prefer.

When booking future sessions, you will see all the topics listed in your child's age group category. Simply select the topic you would like for your next session when processing your booking.

Youth Coaching Important Reminders;

- Standing Strong Youth Coaching is not counselling, if you require more in depth support please contact Standing Strong at hello@standingstrongclubs.com.
- Take your parenting hat off and learn with your child, side by side as two equal individuals.
- Open up and share your own experiences in your sessions with your child, allow yourself to be vulnerable and reconnect with your own childhood/teen experiences.
- Don't be offended if your child does not want you in the session, many children prefer Youth Coaching as a private experience.
- If you would like support with building a closer connection with your child, please email us at hello@standingstrongclubs.com and book in for a Parent Support session.
- Always remember, your Youth Coach is not a replacement of you. You are and always will be the most important and most influential person in your child's life.
- Be proud of yourself for creating a positive and empowering safety net for your child through Standing Strong Youth Coaching.



40 Youth Coaching Topics

MOTIVATION CATEGORY

- Building Confidence
- Choosing Happiness
- Making Decisions
- Attitudes Matter
- Giving Back
- Finding Motivation
- Reaching Goals
- Building Resilience
- Boosting Self Belief
- Values Matter

SUPPORT CATEGORY

- Dealing with Bullying
- Embracing Failure
- Finding Forgiveness
- Dealing with Change
- Loneliness vs. Being Alone
- Working Through Worry
- Dealing with School Pressure
- Understanding Dishonesty
- Understanding Jealousy
- Dealing with Sadness

SELF CARE CATEGORY

- Body Appreciation
- Being Your Own Best Friend
- The Power of Gratitude
- Creating Kindness
- Friendship Changes
- Nutrition
- Embracing Self Care
- Boosting Self Esteem
- Importance of Self Love
- Working Through Stress

GROWTH CATEGORY

- Making New Friends
- Power of Reflection
- Cyber Smarts
- Leaving Your Comfort Zone
- Finding Your Voice
- Embracing Individuality
- Building Self Awareness
- Setting Boundaries
- Dealing With Copying
- Understanding Anger

Thank you...

As an organisation of passionate and caring youth advocates, we aim to be an extension of your family. We feel incredible honoured to be able to support you and your child and sincerely thank you for allowing us into your family.

If at any time you have any concerns or need any additional support, please don't hesitate to contact us.



Do You Need More Help?

Schedule a Call

We are here to support you and your child through our Youth Coaching and Parent Support Sessions.

For support, contact us at:

www.standingstrongclubs.com