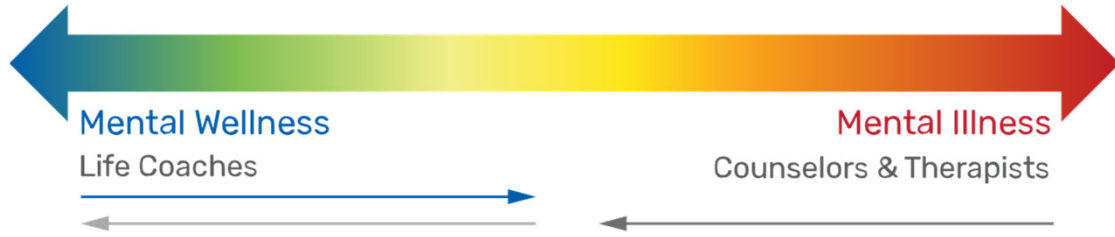


# Child Life Coaching & Counseling

## How BOTH Support Children's Mental Health



### Life Coaching

Helps children build a foundation for mental wellness by developing mindset skills for self-esteem, confidence, resilience, happiness, and self-leadership so that they can be prepared to thrive in life.



**Mental wellness**



**Mental illness**

### Counseling

Helps children who are struggling with a mental health diagnosis or issue by supporting them in recovering their mental and emotional health.

Proactively helps children *before* there is a crisis. Children learn to develop resilience and coping skills so that they can navigate life's disappointments, manage change, move past mistakes, manage worries, overcome fear, and move through life empowered.



**Prevention**



**Intervention**

Helps children who are in crisis and struggling to function day-to-day, get back on track and lead a more productive life.

Coaches help children develop empowering mindset skills through training, discussion, and activities so that children learn and apply the skills to their own lives.



**Training**



**Treatment**

Counselors often treat children dealing with a diagnosis behind emotional and/or behavioral problems such as ADHD/ADD, Autism Spectrum Disorder, OCD, etc., so that they can manage these conditions.

Coaches help children love and honor themselves, respect themselves and others, make good decisions and stand up to peer pressure, feel confident to try new things, and teaches how to set and achieve goals, so that kids create a life they love.



**Creating their future**



**Healing for their future**

Counselors help children heal from serious issues such as severe anxiety, depression, self-harm, abuse, and trauma so that they can regain their mental health.

Life coaching helps lower the resistance some parents have towards mental health support for their children.



**No stigma**



**Some stigma**

Although society has made great progress in discussing mental health, some parents are still reluctant to hire a counselor for their children.

Life coaches are part of a parent's team and provide invaluable mental wellness training to children who are not in crisis. Coaches often help children who are struggling with self-esteem, confidence, shyness, worries, fear, change, and social/friendship issues.



**Available now**



**Waiting lists**

In this post-Covid world, most cities across the US have waiting lists for counselors and therapists – leaving so many children without support when they need it the most.