

About WISDOM Coaching

Helping kids develop growth mindset skills through a story-based curriculum



WISDOM Coaches team with children to help them build mindset skills for confidence, self-esteem, resilience, self-leadership, achievement and so much more.



“ I’d been coaching her for 4 weeks and her Mom said teachers asked, ‘What have you done differently with this child? She is talking differently, walking differently, and trying things she normally wouldn’t try. She also seems to like herself more....’

It’s amazing helping children change their lives and giving them tools they can use for the rest of their lives!

WISDOM Coach® RAHIMA



“ I highly recommend what you are doing. It’s so valuable, so complete, and obviously very effective....”

I’m going to tell every trainer I’ve ever trained – about 4,000 of them – to get trained by you and add this to their toolbox”

JACK CANFIELD

America’s #1 Success Coach, The Secret, NY Times Bestselling Author

Why Growth Mindset Skills Development for Kids?

When faced with challenges or disappointments, most kids don’t have the tools to handle them.

WISDOM Coaches help kids learn how to:

- Identify and shift limiting beliefs that hold them back in life
- Proactively create supporting beliefs to believe in themselves, own who they are, and go for it in life

How WISDOM Coaching Works

Certified WISDOM Coaches help kids develop powerful mindset skills using:

- Coaching stories
- Engaging questions
- Activities/Art projects
- Proven STORY Coaching Process

Stories help children see mindset skills in action. This enables kids to connect to their own thoughts and feelings and apply the skills to their own lives, with the support of their WISDOM Coach®.

What Kids Learn

- **MindPower** – How your mind shapes your world and why you achieve what you believe (and the brain science behind it)!
- **InnerPower** – How to choose integrity, responsibility, respect, and self-respect. And how to think for yourself, make good decisions, and stand up to peer pressure.
- **MePower** – How to develop powerful self-confidence and soaring self-esteem and from the inside out
- **DreamPower** – How to create your vision and achieve your goals
- **Slaying Dragons** – How to bust through fear, manage mistakes, overcome disappointment, and manage change

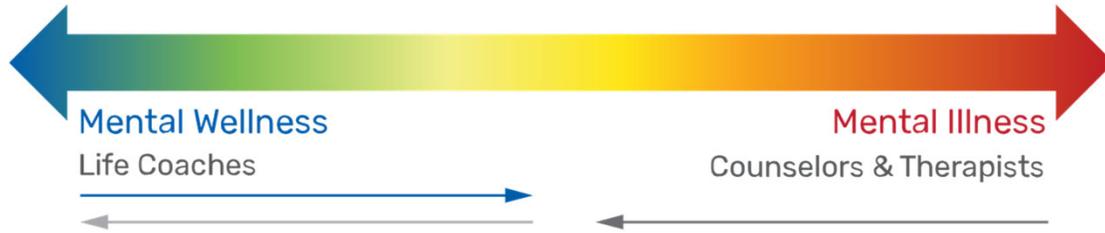


27 Mindset Skills For

Self-esteem
Confidence
Resilience
Self-leadership
Responsibility
Decision Making
Achievement
Happiness

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.

WISDOM System for Coaching Kids

Mindset Skills for Life



Use Coaching Stories to help children develop 27 mindset skills for WISDOM
Creating happiness, confidence, self-leadership, and more!



5 Skill Books



6 Skill Books



5 Skill Books



6 Skill Books



5 Skill Books

W Wire your mind for happiness, confidence, & success with **MindPower**

With MindPower, children learn the brain science behind mindset training. They learn that their thoughts shape their experiences and that they shape their thoughts. MindPower is the foundation for self-esteem, confidence, resilience, happiness, self-leadership, achievement, and more!

I Identify who you want to be and what you want for your life with **InnerPower**

With InnerPower, kids develop their inner compass – their inner guidance system for who they want to be in the world. They develop core values of self-leaders including self-responsibility, integrity, respect, and self-respect; learn a 4-step process for making good decisions; and learn how to say no to peer pressure and yes to themselves.

S See your inner superstar and shine with **MePower**

With MePower, kids develop powerful self-esteem and strong self-confidence from the inside out – learning to feel great about themselves no matter who they are with or what is happening in their lives. They also learn how to believe in themselves and go for it in life - creating courage and confidence and achieving their dreams.

D Dream big, live with purpose, and make it happen with **DreamPower**

With DreamPower children learn how to create a vision for their lives so that they live life with intention versus drifting through life. They learn how to use goal setting to turn their vision into action and how to use the Law of Attraction tools of Visualization, Affirmations, and Gratitude to “program” their mind for success.

O Overcome obstacles and **Manage** the ups and downs of growing up with **Slaying Dragons**

M

Slaying Dragons helps kids handle the “tough stuff” and build resilience. They learn how to move through fear and create courage; pick themselves up again after mistakes, disappointment or failure; avoid conditional thinking; and embrace change, so they can handle anything that comes their way.

Adventures in Wisdom®

Life Coaching Program for Kids Curriculum



Skill Books and Stories!



MindPower™

01. How your mind shapes your world - Conscious/subconscious & beliefs
02. Creating possibilities - Beliefs/Comfort Zone/big big dreams
03. Neural pathways – Brain patterns (empowering/limiting)
04. Reticular Activating System (RAS) to achieve your goals
05. Power Shifting™ to choose your experience

Who's Flying Your Plane?
Power of Possibility
Your Pathway to Success
Your Radar for Success
Power Goggles®



InnerPower™

06. Self-responsibility – If it is to be it is up to me!
07. Integrity – What you choose when no one is looking
08. Respect – Gold hearts to others
09. Self-respect – Gold hearts to me!
10. Making Decisions – 4 C's of Decision Making
11. Peer Pressure – 5 types and how to say No!

Victim Victor Finds His Power
No One Will Know Nelson
Make Your Mark with the Golden Rule
My "Mark" on Me
Charlie Chooses Charlie
Copycat Cathy



MePower™

12. Self-esteem – I love me!
13. Honor Your Uniqueness
14. Self-confidence – I believe in me!
15. Self-talk
16. Self-coaching

Yucky Me Yahoo Me!
The Sun, The Wind, and The Rain
Canville and Cantville – A Tale of Two Towns
Choosing Your BFF (Best Friend Forever)
Migration Frustration



DreamPower™

17. Vision – What do you want?
18. Goal Setting – Turn vision into action
19. Law of Attraction – What you think about you bring about
20. Visualization – Winning in mind creates winning in life
21. Affirmations – Program your mind for success
22. Gratitude

A Tale of Two Voyages
I Wanna Donna
Turning Off the Grungy Channel
I Hope Holly Helps Herself
It Ain't Happenin' Harry Learns Affirmations
Gotta Have Gary Gets Gratitude



Slaying Dragons™

23. Mistakes – 5 I's for Managing Mistakes
24. Fear – 5 Steps for Managing Fear
25. Failure – Put it in a Box !
26. Change - 3 Steps for Managing Change
27. Conditional Thinking

The Weight of Mistakes
The Knight and Three Dragons
Afraid to Fail Fred
Change in Paradise
If Then Ben (Part 1 and Part 2)



Renaye Thornborrow

