

WHAT IS **TEENCOACH™**

Bespoke coaching designed
for and with teens

Programs from 3 - 10 sessions
offered in person or online

A TEENCOACH CAN

- Be a listening ear to support wellbeing and navigate stress
- Develop insight into who you are and what is important to you
- Skilfully deliver constructive feedback to inspire self-reflection and challenge perspective
- Assist in developing new thinking and skills
- Work with parents through **ParentConnect** to share insights and support successful outcomes

CONTACT YOUR **TEENCOACH NOW**

OutsideIn Teen was created
by Psychologists as an
opportunity for teens to
seek support and empower
themselves to take control
of their choices

@outsidein_teen



outsideIn
Teen

TEENCOACH™

Psychology for Teens

www.outsideinteen.com



YOUR TEENCOACH TEAM



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COACHING

For and with Teens

PARENTCONNECT

At this stage of life, there are many twists and turns that can be challenging to manoeuvre both as a parent and teen. Parents remain connected through our flexible sessions, where coaches guide parents in how to best support their teen and navigate their role.

EVIDENCE BASED

Supported by the team of Senior Psychologists at OutsideIn Group

outsideIn

TEEN COACH

With support from Psychology Qualified Coaches, teens are empowered to become independent thinkers, find their strengths and develop skills to navigate through life's challenges. Exploring options and refining skills to better understand themselves and their needs