



CERTIFIED YOUTH COACH BROCHURE





PROGRAM SUMMARY

The **Certified Youth Coach Training Program**, an intensive **30-hour virtual course**, is aligned with ICF Core Competencies and integrates neuroscience, emotional intelligence, and evidence-based youth coaching methodologies.

Structured into **six comprehensive modules**, the program blends science with practice bringing together brain-based insights, developmental psychology, and hands-on coaching techniques tailored to the unique needs of teens. Through interactive activities, real-life case studies, and experiential learning, participants will gain a deep understanding of how to help young people build self-awareness, emotional regulation, confidence, and resilience.

By the end of the program, graduates will possess the skills and resources to **confidently** empower teens to thrive both personally and academically.



BENEFITS OF ATTENDING

- ▶ **Develop powerful, science-backed coaching skills** tailored to the unique needs of teens
- ▶ **Enhance your understanding of the adolescent brain** and its impact on behavior, motivation, and decision-making
- ▶ **Master emotional intelligence and mindset tools** to help teens regulate emotions and build resilience
- ▶ **Learn evidence-based strategies** to support confidence, self-esteem, and identity growth
- ▶ **Gain hands-on experience** through role-plays and real teen scenarios
- ▶ **Build expertise in guiding teens through challenges** such as procrastination, peer pressure, and stress
- ▶ **Expand your professional credibility and career opportunities** within schools, coaching practices, and youth organizations
- ▶ **Make a meaningful impact** by empowering teens to thrive, find their voice, and create lasting positive change

MODULES



Module 1: How Coaching Helps Teens Grow and Thrive

- What is youth coaching & how it supports teens.
- Why coaching makes a big difference during the teens' years.
- How coaching teen is different from coaching adult.
- Coaching vs. mentoring vs. therapy, explained simply.

Module 2: Inside the Teen Brain — Emotions, Behavior & Growth

- Let's understand the development of the teen's brain
- What makes emotions so intense during adolescence.
- How neuroscience helps us support better the teens' behavior, their decision and their emotional needs.

Module 3: Helping teens understand and manage their emotions

- Emotional awareness and naming feelings.
- Emotion regulating tools
- CBT & reframing techniques simply explained

MODULES



Module 4: Helping teens know themselves & develop their confidence.

- Building a healthy sense of self-worth.
- Values as inner compass.
- Confidence through action & small wins.

Module 5: Building Smart Decision-Making & Problem-Solving Skills in Teens

- What makes Decision-Making Hard for Teens
- Simple Step by step Decision-Making process
- Simple tools to help teens solve their problems

Module 6: Helping teens manage time better & overcome procrastination

- Real reasons behind poor time management and procrastination.
- Simple coaching tools to help teens stay on track.



DURATION:

Virtual: 5 Weeks
(30 Training Hours)

ABOUT US:

Groath Coaching Academy (GCA), an ICF Approved Coaching Education, is at the forefront of empowering professionals with the essential soft skills needed in today's fast-paced work environment. Our mission is to unlock the potential within each employee and manager, fostering an atmosphere of growth, efficiency, and enhanced interpersonal dynamics. Specializing in a wide array of soft skills training, we equip individuals with the tools necessary for impactful leadership, coaching skills, effective communication, peak performance, social intelligence, building trust, among others.



Program Director Nancy Zeidan

Nancy Zeidan holds a Master's degree from the Lebanese American University (LAU) in Beirut. Guided by a deep passion for working with teens, she chose to center her entire career around youth development—believing that adolescence is the most powerful stage to shape identity, confidence, and emotional strength.



An ICF Certified Coach, Nancy blends her academic foundation and her motherhood experience with her mission to empower the next generation. She specializes in helping teens build self-awareness, emotional intelligence, communication skills, and inner confidence, supporting them to navigate life with clarity, purpose, and resilience.

Today, Nancy delivers youth coaching trainings, workshops, and programs that equip teens with the mindset and skills they need to lead themselves and their future with intention.





CONTACT INFORMATION

For Information and Registration

PHONE NUMBER

+961 71 255799

