



Teen Life Coaching

The teenage years are a really interesting time. No longer a little kid, you want more independence, yet you are not fully an adult able to make your own decisions. The result: You're sandwiched in the middle, and that can be really hard. Teen life coaching helps students manage these obstacles so they have less impact and influence on their ability to be successful. Whatever they have come to coaching for, whether it is to get better grades, one-on-one help with classwork, to develop better relationships, or to work toward personal goals, teen life coaching helps them move toward the things of importance while creating a toolkit of self-management skills they will use for the rest of their lives.



Kim Van Dessel
Teen Life Coach

Open to Westchester Students in Grades 6-12!

Scheduling

Sessions for Middle School students may be scheduled during academic coaching class time, elective, advisory, or 2:25-3:00 p.m. time slots. Sessions for Upper School students may be scheduled during their study hall period.

Registration

Middle School - Email mary.keever@westchestercds.org
Upper School - Email kim.vandessel@westchestercds.org

Cost

Sessions are billed at \$30 per 30-minute session.



Teen Life Coaching Details

Teen Life Coaching is designed to assist pre-adolescent and adolescent students in working toward goals to help them create a brighter future. It is beneficial, because it gives students an effective life map for personal success and to facilitate positive life changes.

Topics and strategies discussed include planning, prioritization, time management, organization, and focused attention, as well as the following concepts:

- Task initiation: The ability to self motivate, start tasks and persevere to completion.
- Thought defusion: The ability to step back and look at thoughts and beliefs without acting from the ones who are causing this.
- Emotional acceptance: Allowing tough emotions to come and go without struggle.
- Personal staples: Deciding what is most important and using that to guide decision-making.

Outcomes

Academic success

Positive relationships

Personal happiness

Independence

Goal setting

Mental and emotional well-being*

*Services are coordinated with School Counseling.

About Kim Van Dessel, Westchester Teen Life Coach

Originally from St. Louis, Missouri. Mrs. Van Dessel has lived in many places around the world with her husband, Tom, and their sons, Max, Benedict and Sam. She has a degree in elementary education and a Master in Administration in Education, along with experience in teaching, preschool administration and academic coaching. She more recently pursued certification as a life coach with the intention of helping others to achieve their goals and reach their highest potential.

Contact

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