

WILLIAMSON SINTYL

*REACHING  
YOUR  
PEAK*

Our rising generation is worthy of our best efforts  
to support and empower them to achieve  
their PEAK potential.



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The adolescent years are a pivotal phase in a teenager's life, filled with opportunities for growth and self-discovery. To empower and guide teens on their journey to personal and academic success, we proudly present the "**Reaching Your Peak - A 12-Week Transformational Coaching Program for Teens**." This program is meticulously designed to equip teens with essential life skills, foster a growth mindset, and inspire a lifelong commitment to personal development.

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# A Letter From The Founder:

Dear Teens, Parents, Teachers, and Leaders,

I am writing this letter to express my utmost enthusiasm and gratitude for the opportunity to introduce and implement a critical and powerful coaching curriculum designed to empower the rising generation in our world today. As a professional certified life coach, I am deeply committed to the growth and well-being of teenagers, and I believe that the **“Reaching Your Peak - A 12-Week Transformational Coaching Program”** will be a transformative force in their lives.

## **To the Rising Generation:**

You are the heart and soul of this endeavor. This coaching curriculum has been meticulously crafted to support your personal growth, inspire your dreams, and equip you with essential life skills. In a world filled with challenges and opportunities, you are the architects of your own future, and this curriculum will be your blueprint for success. Together, we will explore your strengths, values, and aspirations, helping you unlock your full potential. Through goal setting, decision-making, and resilience building, you will become the confident, empowered individuals capable of achieving your dreams and making a positive impact on the world.

## **To the Parents:**

Your role in this journey is pivotal. We understand that parenting teenagers can be both rewarding and challenging. This coaching curriculum aims to strengthen your relationships with your teens by fostering open communication and mutual understanding. It equips your children with the skills they need to navigate life's complexities and make responsible choices. As a result, you will witness the transformation of your teens into responsible, confident, and resilient individuals who are well-prepared for the challenges of adulthood.

## **To the Teachers:**

You are the frontline educators who play a crucial role in shaping the future of our youth. This curriculum complements your efforts by providing students with the tools they need

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to excel academically and personally. It promotes self-directed learning, time management, and effective study habits, enabling students to thrive in the classroom and beyond. By incorporating coaching principles into your teaching methods, you can help students discover their potential and cultivate a lifelong love of learning.

**To the Leaders:**

Whether you lead schools, communities, or organizations, you have the power to influence and guide the rising generation. This coaching curriculum aligns with your mission to nurture responsible, empathetic, and capable young leaders. It encourages a culture of personal growth, collaboration, and civic engagement. By adopting these coaching principles, you can help create a brighter future by empowering the next generation of leaders who will drive positive change in our society.

In conclusion, I am truly excited about the potential of this coaching curriculum to transform the lives of teenagers and those who support them. Together, we are embarking on a journey of personal growth, empowerment, and positive change. I am here to support you every step of the way, and I am confident that the skills and insights gained from this curriculum will have a lasting impact on the rising generation and our world as a whole.

Let us embrace this opportunity with open hearts and open minds. Together, we can empower the rising generation to reach new heights and create a better future for all.

With warm regards and great anticipation,



**Williamson Sintyl**

Founder and Professional Certified Life Coach

PEAK Life Coaching



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# The Benefits of This Curriculum

Introducing "Reaching Your Peak," a comprehensive 12-week transformational coaching program meticulously designed for teenagers seeking personal growth, well-being, and future success. This program isn't just about individual development; it's about empowering teens to thrive in every aspect of their lives while creating a ripple effect that extends far beyond themselves.

## Benefits Beyond Measure

The benefits of "Reaching Your Peak" are manifold, impacting not only the individual participants but also schools, institutions, communities, families, and teenagers worldwide. Through a carefully crafted curriculum, participants can expect to experience:

1. **Personal Growth:** Each principle and lesson, meticulously structured to last 60 minutes, is tailored to facilitate profound personal growth. From self-awareness and confidence-building to goal-setting and resilience, teens embark on a transformative journey towards realizing their full potential.
2. **Well-being:** Addressing the holistic well-being of teenagers is paramount in "Reaching Your Peak." Through interactive sessions and practical exercises, participants learn essential skills for managing stress, enhancing emotional intelligence, and cultivating healthy habits that promote mental, emotional, and physical well-being.
3. **Future Success:** Equipped with a solid foundation of self-awareness, emotional intelligence, and goal-setting skills, teens are empowered to pave the way for future success. Whether pursuing academic achievements, career aspirations, or personal passions, participants are equipped with the tools and mindset necessary to navigate challenges and seize opportunities with confidence and resilience.



## The Power of 60 Minutes

The decision to structure each principle and lesson as a 60-minute session is deliberate and strategic. This duration strikes the perfect balance between depth and practicality, allowing for:

- **Sustained Engagement:** Teens thrive in an environment where sessions are engaging, interactive, and dynamic. By keeping sessions to 60 minutes, we ensure that participants remain focused and actively involved throughout, maximizing their learning and growth potential.
- **Optimal Retention:** Research suggests that the human attention span peaks at around 45-60 minutes. By adhering to this timeframe, we optimize the retention of key concepts and principles, ensuring that participants walk away with actionable insights that resonate long after each session concludes.
- **Practical Application:** "Reaching Your Peak" isn't just about theory; it's about practical application. With 60-minute sessions, participants have ample time to absorb new knowledge, engage in meaningful discussions, and participate in hands-on activities that reinforce learning and promote real-world application.

By choosing this optimal length of time for each session, "Reaching Your Peak" ensures that every minute is purposeful, impactful, and conducive to the holistic growth and development of teenage participants.



## **1. Benefits for Schools:**

- **Improved Academic Performance:** A coaching curriculum can help students develop effective study habits and time management skills, leading to better academic outcomes, higher test scores, and increased graduation rates.
- **Reduced Behavioral Issues:** Enhanced self-awareness and emotional regulation skills can contribute to a more positive school environment with fewer discipline problems and disruptions.
- **Enhanced School Reputation:** Schools that prioritize students' holistic development through coaching programs may attract more students and parents seeking a well-rounded education.
- **Increased Teacher Satisfaction:** When students are equipped with essential life skills, teachers can focus more on teaching content, leading to higher job satisfaction and potentially better teaching outcomes.

## **2. Benefits for Institutions:**

- **Workforce Preparation:** Institutions, such as colleges and universities, benefit from graduates who are better prepared for the demands of higher education and the workforce due to improved decision-making and communication skills.
- **Retention and Success:** Coaching can increase student retention rates and overall success by providing the necessary support and guidance to navigate the challenges of tertiary education.

## **3. Benefits for Communities:**

- **Reduced Delinquency:** Coaching programs can reduce juvenile delinquency by fostering resilience, self-discipline, and positive decision-making in teens.
- **Enhanced Civic Engagement:** Teens equipped with effective communication and leadership skills are more likely to become active and engaged members of their communities, contributing positively to society.
- **Lower Healthcare Costs:** Improved mental health and stress management skills can potentially lead to reduced healthcare costs associated with adolescent mental health issues.

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#### 4. Benefits for Families:


- Improved Parent-Teen Relationships: Coaching can facilitate better communication and understanding between parents and teens, leading to stronger and more harmonious family relationships.
- Lower Parental Stress: Parents may experience reduced stress and anxiety when they see their teens equipped with the skills and confidence to make responsible decisions.
- Preparation for Parenting: Teens who undergo coaching may be better prepared for the challenges of adulthood and parenthood, contributing to healthier future generations.

#### 5. Benefits for Teens Worldwide:

- Global Competence: Coaching can instill a global perspective, cultural sensitivity, and adaptability in teenagers, preparing them for an increasingly interconnected world.
- Reduction in Risky Behaviors: Coaching can discourage risky behaviors such as substance abuse, violence, and unsafe sexual practices, promoting healthier lifestyles.
- Empowerment: Teens worldwide can become more empowered to pursue their goals and contribute positively to their communities and societies.
- Long-term Success: Equipped with essential life skills, teens are more likely to experience long-term success in their personal and professional lives, leading to improved well-being and happiness.

In conclusion, the “**Reaching Your Peak - A 12-Week Transformational Coaching Program**” can create a ripple effect of positive change, benefiting schools, institutions, communities, families, and teenagers globally. By nurturing the personal development and life skills of adolescents, we can foster a more capable, responsible, and engaged generation, ultimately contributing to a better future for all.





This “**Reaching Your Peak - A 12-Week Transformational Coaching Program**” provides a structured and comprehensive approach to personal development for teens, covering essential life skills and fostering a growth mindset. Each week builds on the previous one, creating a holistic learning experience that prepares teens for a successful and fulfilling future.

Week 1: Morning Routine

Week 2: Mindset and Affirmations

Week 3: Vision Boards

Week 4: Agency and Accountability

Week 5: Honesty and Integrity

Week 6: Education / Invest in You

Week 7: Time Management / Budgeting

Week 8: Change begins within / Start With Self

Week 9: Creating Boundaries / Friendship

Week 10: Making Decisions / Focus

Week 11: Consistency

Week 12: Recap and Future Planning



## Week 1: Morning Routine

### Objective:

- Introduce participants to the significance of a morning routine.
- Guide them in setting up a simple and effective morning routine.
- Initiate goal-setting for the duration of the program.
- Assign homework to design and start implementing a personalized morning routine.

### Agenda:

#### **Welcome and Ice-Breaker (10 minutes)**

- Brief introduction and overview of the program.
- Ice-breaking activity to foster a comfortable and engaging atmosphere.

#### **Understanding the Importance of a Morning Routine (15 minutes)**

- Presentation on the benefits of a structured morning routine.
- Discussion on how morning habits impact overall well-being and productivity.
- Q&A session to address initial thoughts and concerns.

#### **Elements of an Effective Morning Routine (10 minutes)**

- Breakdown of key components for a successful morning routine.
- Interactive session: Participants share their current morning habits.
- Group discussion on identifying areas for improvement.

#### **Designing Your Personal Morning Routine (15 minutes)**

- Guided activity: Participants create a draft of their ideal morning routine.
- Pair-share: Discuss and refine morning routine ideas with a partner.
- Facilitator feedback and suggestions.
- Presentation on the importance of setting specific, measurable, achievable, relevant, and time-bound (SMART) goals.
- Workshop: Participants set personal goals for the program, aligned with their morning routine adjustments.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Design and start implementing a morning routine.

- Provide a template or guide for documenting the routine.
- Encourage participants to reflect on their experience during the next session.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any remaining questions or concerns.
- Recap the key points of the workshop.
- Closing remarks, expressing enthusiasm for the journey ahead.

#### **Materials Needed:**

- Presentation slides on the importance of morning routines.
- Flipchart or whiteboard for interactive activities.
- Handouts or worksheets for designing morning routines.
- Writing materials for participants.

#### **Note:**

This workshop is designed to not only introduce the concept of morning routines but also actively involve participants in the process of creating their personalized routines. The homework assignment ensures practical application and sets the stage for ongoing discussions and adjustments in subsequent sessions.

WATCH NOW:

<https://www.youtube.com/watch?v=LQ8JOsc3-wU>

<https://www.youtube.com/watch?v=gDNDIPejKr4&t=1s>

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## Week 2: Mindset and Affirmations

### Objective:

- Educate participants on the impact of mindset on well-being.
- Introduce the concept of positive affirmations and their role in shaping mindset.
- Guide participants in creating and practicing daily affirmations.
- Assign homework to develop a personalized list of affirmations and integrate them into daily life.

### Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 1: Morning Routine.
- Ice-breaker activity to set a positive tone.

#### **Understanding the Power of Mindset (10 minutes)**

- Presentation on the significance of mindset in shaping perceptions and behaviors.
- Discussion on the difference between a fixed and growth mindset.
- Interactive exercise: Identifying and challenging limiting beliefs.

#### **Introduction to Positive Affirmations (10 minutes)**

- Definition and explanation of positive affirmations.
- Case studies and examples demonstrating the impact of affirmations on mindset.
- Group discussion on personal experiences with affirmations.

#### **Practicing Daily Affirmations (5 minutes)**

- Guided session: Participants practice creating positive affirmations.
- Small group activities: Sharing and refining affirmations with peers.
- Role-playing exercises to simulate incorporating affirmations into daily life.

#### **Creating Personal Affirmations (10 minutes)**

- Individual reflection: Participants develop a list of personal affirmations.
- Peer review: Sharing and receiving feedback on affirmations.
- Facilitator guidance on crafting effective and personalized affirmations.

#### **Integrating Affirmations into Daily Life (5 minutes)**

- Workshop: Discussing practical ways to integrate affirmations into daily routines.
- Goal-setting activity: Participants identify specific areas for applying affirmations.
- Interactive session: Creating affirmation reminders.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Develop a list of personal affirmations and integrate them into daily life.
- Provide a template or guide for documenting affirmations.
- Encourage participants to share their experiences during the next session.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any questions or concerns.
- Recap the key takeaways from the workshop.
- Closing remarks, expressing anticipation for continued growth.

#### **Materials Needed:**

- Presentation slides on mindset and positive affirmations.
- Flipchart or whiteboard for interactive activities.
- Handouts or worksheets for creating affirmations.
- Writing materials for participants.

#### **Note:**

This workshop aims to empower participants by helping them understand the impact of mindset and introducing a practical tool – positive affirmations – to foster a positive and growth-oriented mindset. The homework assignment encourages active engagement and application of learned concepts in daily life.

WATCH NOW: [https://www.youtube.com/watch?v=yo1pJ\\_D-H3M](https://www.youtube.com/watch?v=yo1pJ_D-H3M)

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## Week 3: Vision Boards

### Objective:

- Introduce participants to the concept of a vision board.
- Guide them in creating a vision board that incorporates short-term and long-term goals.
- Facilitate visualization techniques to manifest goals.
- Assign homework to develop and refine their vision boards.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 2: Mindset and Affirmation.
- Ice-breaker activity to energize participants.

#### **Exploring the Concept of a Vision Board (10 minutes)**

- Presentation on the purpose and benefits of vision boards.
- Examples of successful vision boards and their impact.
- Group discussion: Sharing expectations and concerns about creating a vision board.

#### **Creating a Vision Board with Short-Term and Long-Term Goals (10 minutes)**

- Guided session: Identifying short-term and long-term goals.
- Hands-on activity: Participants begin creating their vision boards.
- Group sharing: Discussing goals and visions with peers.

#### **Visualizing and Manifesting Goals (5 minutes)**

- Visualization exercise: Guided meditation or visualization activity.
- Discussion on the power of visualization in goal manifestation.
- Interactive session: Sharing experiences with visualization techniques.

#### **Guidance on Effective Vision Board Creation (10 minutes)**

- Facilitator tips: Providing guidance on effective vision board composition.
- Reviewing common elements of successful vision boards.
- Q&A session: Addressing any challenges or questions.

#### **Continuation of Vision Board Creation (5 minutes)**

- Participants continue working on their vision boards.
- Peer collaboration: Providing feedback and suggestions.

- Facilitator assistance for individualized support.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Develop and refine their vision board.
- Provide resources for additional inspiration.
- Encourage participants to share their progress during the next session.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any questions or concerns.
- Recap the key concepts covered in the workshop.
- Closing remarks, fostering enthusiasm for future visualization and goal manifestation.

#### **Materials Needed:**

- Presentation slides on vision boards and goal visualization.
- Poster boards or large sheets of paper for each participant.
- Magazines, scissors, glue, and markers for vision board creation.
- Guided meditation or visualization scripts for the exercise.

#### **Note:**

This workshop encourages participants to actively visualize and manifest their goals through the creation of vision boards. The homework assignment ensures continuous engagement with the concept, allowing participants to refine their vision boards and strengthen their connection with their goals.

WATCH NOW:

<https://www.youtube.com/watch?v=uGGXSIIdPFF8>

<https://www.youtube.com/watch?v=nkrW3OgB9K0>

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## Week 4: Agency and Accountability

### Objective:

- Educate participants on personal agency and the importance of taking responsibility for their actions.
- Guide them in setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).
- Introduce the concept of accountability partners and their role in goal achievement.
- Assign homework to set SMART goals and establish an accountability partnership.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 3: Vision Boards
- Ice-breaker activity to create a collaborative atmosphere.

#### **Understanding Personal Agency and Responsibility (10 minutes)**

- Presentation on personal agency: the ability to make independent choices.
- Group discussion on the importance of taking responsibility for one's actions.
- Interactive activity: Identifying areas of personal agency in daily life.

#### **Setting SMART Goals (10 minutes)**

- Workshop on SMART goal setting principles.
- Guided session: Participants develop their own SMART goals.
- Peer review: Sharing and refining goals with a partner.

#### **Introduction to Accountability Partners (5 minutes)**

- Definition and explanation of accountability partnerships.
- Case studies illustrating successful accountability partnerships.
- Group discussion: Participants share thoughts on the concept.

#### **Interactive Session: Accountability Partner Pairing (10 minutes)**

- Guided activity: Participants pair up to find potential accountability partners.
- Facilitator guidance on choosing effective accountability partners.



- Group sharing: Participants discuss their chosen partners.

#### **Establishing Accountability Guidelines (5 minutes)**

- Workshop: Defining expectations and guidelines for accountability partnerships.
- Q&A session: Clarifying any doubts or concerns about accountability partnerships.
- Facilitator tips on effective communication within partnerships.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Set SMART goals and establish an accountability partnership.
- Provide templates or guides for documenting goals and partnership agreements.
- Encourage participants to actively engage with their partners during the upcoming weeks.

#### **Q&A and Closing Remarks (5 minutes)**


- Address any questions or concerns.
- Recap the key principles covered in the workshop.
- Closing remarks, emphasizing the transformative potential of agency and accountability.

#### **Materials Needed:**

- Presentation slides on personal agency, responsibility, SMART goals, and accountability.
- Worksheets or templates for SMART goal setting.
- Guidelines for establishing accountability partnerships.
- Writing materials for participants.

#### **Note:**

This workshop empowers participants to take ownership of their actions and set meaningful, achievable goals. The introduction of accountability partners enhances the support structure within the group, fostering a sense of community and shared commitment to individual growth. The homework assignment ensures practical application of learned concepts in participants' daily lives.



WATCH NOW:

<https://www.youtube.com/watch?v=rXgPNTgC0dQ>

<https://www.youtube.com/watch?v=ahhKyEw9xUc&t=64s>

<https://www.youtube.com/watch?v=ZYOUJucqyMI>

## Week 5: Honesty and Integrity

### Objective:

- Emphasize the importance of honesty and integrity in personal and professional life.
- Introduce ethical decision-making principles.
- Engage participants in role-playing scenarios to apply honesty and integrity.
- Assign homework to reflect on personal values and instances where honesty and integrity are crucial.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 4: Agency and Accountability.
- Ice-breaker activity to foster engagement.

#### **Discussing the Importance of Honesty and Integrity (10 minutes)**

- Presentation on the significance of honesty and integrity.
- Group discussion: Sharing personal experiences where honesty or integrity played a pivotal role.
- Interactive activity: Identifying values related to honesty and integrity.

#### **Ethical Decision-Making Principles (5 minutes)**

- Workshop on ethical decision-making.
- Introduction to decision-making frameworks emphasizing honesty and integrity.
- Case studies: Analyzing scenarios and making ethical decisions.

#### **Role-playing Scenarios Related to Honesty (10 minutes)**

- Interactive session: Participants engage in role-playing scenarios.
- Rotation: Switching roles to experience various perspectives.
- Group debrief: Discussing challenges and insights from the role-playing exercises.

#### **Reflection on Personal Values (5 minutes)**

- Guided reflection: Participants consider their personal values related to honesty and integrity.

- Writing activity: Documenting instances where honesty and integrity were crucial.
- Pair-share: Sharing reflections with a partner.

#### **Group Discussion on Reflections (10 minutes)**

- Facilitated discussion: Participants share insights from their reflections.
- Identifying common themes and challenges related to honesty and integrity.
- Facilitator guidance on aligning values with daily actions.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Reflect on personal values and instances where honesty and integrity are important.
- Provide prompts or questions to guide the reflection process.
- Encourage participants to bring their reflections to the next session for further discussion.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any questions or concerns.
- Recap the key principles covered in the workshop.
- Closing remarks, underscoring the ongoing importance of honesty and integrity in personal growth.

#### **Materials Needed:**

- Presentation slides on honesty, integrity, and ethical decision-making.
- Role-playing scenarios or case studies.
- Writing materials for participants.
- Reflection prompts or questions for the homework assignment.

#### **Note:**

This workshop encourages participants to reflect on their values and practice ethical decision-making through engaging activities. The role-playing scenarios provide a practical application of honesty and integrity principles. The homework assignment fosters continued self-awareness and introspection.



WATCH NOW:

<https://www.youtube.com/watch?v=O5oZ-P1yH7M>

<https://www.youtube.com/watch?v=OaN6BYzwCZ0>

## Week 6: Education / Invest in You

### Objective:

- Emphasize the value of continuous learning and self-improvement.
- Guide participants in identifying personal interests and passions.
- Assist in creating a plan for self-education and skill development.
- Assign homework to choose a new skill or topic to explore and start learning.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 5: Honesty and Integrity.
- Ice-breaker activity focused on personal interests.

#### **The Value of Continuous Learning (10 minutes)**

- Presentation on the importance of lifelong learning and self-improvement.
- Testimonials or success stories related to continuous education.
- Group discussion: Participants share their perspectives on lifelong learning.

#### **Identifying Personal Interests and Passions (10 minutes)**

- Interactive session: Guiding participants to identify their interests and passions.
- Self-reflection exercises: Uncovering areas of curiosity and excitement.
- Group sharing: Participants discuss their identified interests.

#### **Creating a Plan for Self-Education (10 minutes)**

- Workshop on developing a personal education plan.
- Goal-setting activity: Participants define specific learning objectives.
- Guidance on selecting resources and setting a realistic learning schedule.

#### **Sharing Personal Education Plans (5 minutes)**

- Small group activity: Participants share their education plans with peers.
- Peer feedback and suggestions for enhancing learning strategies.
- Facilitator assistance for refining plans.

#### **Choosing a New Skill or Topic (5 minutes)**

- Workshop: Guiding participants in selecting a new skill or topic to explore.
- Brainstorming session: Generating ideas and potential areas of interest.

- Individual decision-making: Participants choose a skill or topic to pursue.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Choose a new skill or topic to explore and start learning.
- Provide resources or recommendations for initiating the learning process.
- Encourage participants to share their experiences and progress during the next session.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any questions or concerns.
- Recap the key concepts covered in the workshop.
- Closing remarks, highlighting the empowering journey of self-education.

#### **Materials Needed:**

- Presentation slides on continuous learning and self-education.
- Worksheets for identifying personal interests and creating education plans.
- Whiteboard or flipchart for group activities.
- Resources or recommendations for learning new skills or topics.

#### **Note:**

This workshop encourages participants to recognize the value of continuous learning, explore personal interests, and create actionable plans for self-education. The homework assignment initiates practical application, fostering a proactive approach to individual growth. Participants are encouraged to share their chosen topics and learning experiences, creating a supportive learning community.

WATCH NOW:

<https://www.youtube.com/watch?v=fUVckPKE6cQ>

<https://www.youtube.com/watch?v=ls-UPPAxCh0>

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## Week 7: Time Management / Budgeting

### Objective:

- Teach time management techniques tailored for teens.
- Introduce the fundamentals of budgeting and financial responsibility.
- Guide participants in creating a basic budget.
- Assign homework to implement time management strategies and create a simple budget.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 6: Education / Invest in You.
- Ice-breaker activity related to time management.

#### **Time Management Techniques for Teens (10 minutes)**

- Presentation on effective time management for teenagers.
- Interactive session: Time management games and exercises.
- Group discussion: Sharing personal challenges and successes with time management.

#### **Introduction to Budgeting and Financial Responsibility (10 minutes)**

- Workshop on the basics of budgeting.
- Explanation of financial responsibility and the importance of budgeting for teens.
- Q&A session: Addressing common misconceptions about budgeting.

#### **Creating a Basic Budget (10 minutes)**

- Step-by-step guide on creating a simple budget for teens.
- Hands-on activity: Participants work on drafting their own budgets.
- Peer collaboration: Sharing budgeting ideas and tips.

#### **Peer Review and Feedback (5 minutes)**

- Small group activity: Participants exchange budgets for peer review.
- Constructive feedback on budgeting strategies and areas for improvement.
- Facilitator guidance on refining budgeting skills.

#### **Implementing Time Management Strategies (5 minutes)**



- Workshop on practical time management strategies.
- Goal-setting activity: Participants set specific time management goals.
- Guidance on integrating time management into daily routines.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Implement time management strategies and create a simple budget.
- Provide templates or guides for documenting time management goals and budgets.
- Encourage participants to reflect on their experiences during the next session.

#### **Q&A and Closing Remarks (5 minutes)**


- Address any questions or concerns.
- Recap the key principles covered in the workshop.
- Closing remarks, highlighting the positive impact of effective time management and budgeting.

#### **Materials Needed:**

- Presentation slides on time management, budgeting, and financial responsibility.
- Worksheets for creating a basic budget.
- Time management tools or resources.
- Whiteboard or flipchart for group activities.

#### **Note:**

This workshop focuses on practical skills essential for teens, including time management and budgeting. The combination of group activities, peer review, and hands-on exercises aims to make these concepts tangible and applicable. The homework assignment encourages participants to actively implement what they've learned and reflect on their experiences.



WATCH NOW:

<https://www.youtube.com/watch?v=sNocjsSSRkE&t=74s>

<https://www.youtube.com/watch?v=IHwqhSLE9Gc>

<https://www.youtube.com/watch?v=5RIVMGEj29Q>

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## Week 8: Change Begins Within / Start With Self

### Objective:

This curriculum is designed to empower participants to cultivate self-belief and confidence, recognizing that change begins from within. Through interactive workshops and practical activities, participants will explore the importance of self-awareness, positive self-talk, and resilience, enabling them to overcome obstacles and achieve their goals with confidence.

### Workshop Agenda:

#### Session 1: Understanding Self-Awareness (10 minutes)

- Introduction to the concept of self-awareness and its role in building self-belief.
- Self-assessment exercises to identify personal strengths, values, and areas for growth.
- Group discussion on the connection between self-awareness and self-confidence.
- Practice activities to enhance self-awareness skills.

#### Session 2: Cultivating Positive Self-Talk (10 minutes)

- Education on the power of positive thinking and self-talk in building self-belief.
- Techniques for reframing negative thoughts and overcoming self-doubt.
- Role-playing exercises to practice positive affirmations and self-encouragement.
- Sharing personal experiences and strategies for maintaining a positive mindset.

#### Session 3: Building Resilience and Overcoming Obstacles (10 minutes)

- Exploration of resilience as a key factor in believing in oneself and bouncing back from setbacks.
- Discussion on common obstacles and challenges to self-belief.
- Strategies for developing resilience, including problem-solving skills and seeking support.
- Group activities to brainstorm solutions and share resilience-building techniques.

#### Session 4: Goal Setting and Action Planning (15 minutes)

- Introduction to goal-setting principles and SMART goals framework.
- Guided exercise to identify personal goals and aspirations.
- Breakout sessions for participants to create actionable plans for achieving their goals.
- Peer feedback and accountability partnerships established to support goal attainment.

### **Session 5: Embracing Self-Confidence (15 minutes)**

- Review of key concepts covered in previous sessions.
- Interactive workshop on embodying self-confidence through body language and communication.
- Group activities to practice assertiveness and self-expression.
- Closing reflections on the journey of self-belief and commitment to ongoing growth.

### **Materials Needed:**

- Presentation slides on self-awareness, positive thinking, resilience, goal-setting, and self-confidence.
- Worksheets or handouts for self-assessment exercises, goal-setting templates, and action planning.
- Props or visuals for role-playing activities and group discussions.
- Writing materials for participants to jot down reflections and action plans.
- Flipchart or whiteboard for brainstorming and recording key ideas.

### **Note:**

This curriculum is designed to empower participants to believe in themselves by fostering self-awareness, cultivating positive self-talk, building resilience, and setting actionable goals. Encourage active participation and peer support throughout the sessions to create a supportive environment for personal growth and development.

WATCH NOW:

<https://www.youtube.com/watch?v=aHDvEfiSipo>

<https://www.youtube.com/watch?v=UB7nGT3egak>

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## Week 9: Creating Boundaries / Friendship

### Objective:

- Teach participants how to set and maintain personal boundaries in relationships.
- Help them recognize the characteristics of healthy and toxic friendships.
- Develop effective communication skills for building positive connections.
- Assign homework to reflect on current friendships and set personal boundaries where needed.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 8: Change Begins Within / Anxiety & Depression.
- Ice-breaker activity focused on building positive connections.

#### **Setting Personal Boundaries in Relationships (10 minutes)**

- Presentation on the importance of personal boundaries.
- Workshop on identifying and establishing healthy boundaries in various relationships.
- Role-playing exercises: Practicing communication of boundaries.

#### **Recognizing Healthy and Toxic Friendships (10 minutes)**

- Discussion on the characteristics of healthy friendships.
- Workshop: Identifying signs of toxic friendships and understanding their impact.
- Group activity: Sharing personal experiences and insights.

#### **Effective Communication Skills (10 minutes)**

- Presentation on the key elements of effective communication.
- Interactive exercises: Developing communication skills for expressing needs and concerns.
- Role-playing scenarios: Practicing assertive communication.

#### **Interactive Session: Reflecting on Friendships (10 minutes)**

- Guided reflection: Participants assess their current friendships.
- Group discussion: Sharing reflections and insights.
- Facilitator guidance on recognizing and addressing boundary challenges.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Reflect on current friendships and set personal boundaries where needed.
- Provide a reflection guide or journal prompts for participants.
- Encourage participants to share their reflections during the next session.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any questions or concerns.
- Recap the key concepts covered in the workshop.
- Closing remarks, emphasizing the value of healthy boundaries in friendships.

#### **Materials Needed:**

- Presentation slides on personal boundaries, healthy friendships, and effective communication.
- Worksheets or reflection guides for assessing friendships and setting boundaries.
- Role-playing scenarios for communication exercises.
- Whiteboard or flipchart for group activities.

#### **Note:**

This workshop aims to empower participants to establish healthy boundaries in their friendships and develop effective communication skills. The reflective homework assignment encourages self-awareness and proactive steps toward fostering positive connections. The combination of group discussions and interactive activities creates a supportive learning environment.

WATCH NOW:

<https://www.youtube.com/watch?v=XFAEeOd3H9k>

<https://www.youtube.com/watch?v=pLgVB1stuJ8>

## Week 10: Making Decisions / Focus

### Objective:

- Teach participants decision-making techniques and strategies.
- Provide tools to reduce decision fatigue.
- Introduce techniques to improve focus and concentration.
- Assign homework to practice making informed decisions and implement focus techniques.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 9: Creating Boundaries / Friendship.
- Ice-breaker activity related to decision-making.

#### **Decision-Making Techniques and Strategies (10 minutes)**

- Presentation on various decision-making models and strategies.
- Group discussion: Sharing experiences and challenges in decision-making.
- Interactive exercises: Practicing decision-making in different scenarios.

#### **Reducing Decision Fatigue (10 minutes)**

- Workshop on understanding decision fatigue and its impact.
- Tips and tools for streamlining decision-making processes.
- Case studies: Analyzing situations where decision fatigue can be minimized.

#### **Techniques to Improve Focus and Concentration (10 minutes)**

- Presentation on techniques for enhancing focus and concentration.
- Guided mindfulness or concentration exercises.
- Interactive session: Developing personalized focus improvement plans.

#### **Interactive Session: Group Decision-Making (10 minutes)**

- Group activity: Participants engage in a collaborative decision-making exercise.
- Facilitator guidance on effective communication during group decisions.
- Debrief: Discussing the experience and lessons learned.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Practice making informed decisions and implement focus techniques.
- Provide decision-making scenarios or exercises for practice.
- Encourage participants to share their experiences and insights during the next session.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any questions or concerns.
- Recap the key concepts covered in the workshop.
- Closing remarks, emphasizing the value of informed decision-making and improved focus.

#### **Materials Needed:**

- Presentation slides on decision-making, decision fatigue, and focus techniques.
- Worksheets or scenarios for decision-making exercises.
- Tools or resources for reducing decision fatigue.
- Mindfulness or concentration exercises.

#### **Note:**

This workshop aims to equip participants with practical skills for effective decision-making and improving focus. The inclusion of group decision-making activities enhances collaborative skills. The homework assignment encourages participants to apply learned techniques in real-life scenarios, fostering a proactive approach to decision-making and focus improvement.

WATCH NOW:

<https://www.youtube.com/watch?v=ahhKyEw9xUc&t=221s>

<https://www.youtube.com/watch?v=52nqjrCs57s>



## Week 11: Consistency

### Objective:

- Highlight the power of consistency in achieving goals.
- Guide participants in developing habits for success.
- Provide strategies for overcoming obstacles and staying on track.
- Assign homework to create a plan for maintaining consistency in their goals.

### Workshop Agenda:

#### **Welcome and Recap (10 minutes)**

- Brief recap of Week 10: Making Decisions / Focus.
- Ice-breaker activity related to consistency.

#### **The Power of Consistency in Achieving Goals (10 minutes)**

- Presentation on the significance of consistency in goal achievement.
- Success stories and case studies illustrating the impact of consistency.
- Group discussion: Participants share experiences with consistent habits.

#### **Developing Habits for Success (10 minutes)**

- Workshop on the science of habit formation.
- Guided session: Participants identify key habits for success.
- Interactive activity: Creating a personalized habit-building plan.

#### **Overcoming Obstacles and Staying on Track (10 minutes)**

- Presentation on common obstacles to consistency and how to overcome them.
- Group discussion: Sharing strategies for staying on track.
- Role-playing scenarios: Practicing overcoming challenges.

#### **Interactive Session: Goal Consistency Plan (10 minutes)**

- Workshop on creating a plan for maintaining consistency in their goals.
- Individual and group goal-setting exercises.
- Peer collaboration: Sharing and refining consistency plans.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Create a plan for maintaining consistency in their goals.
- Provide templates or guides for documenting consistency plans.

- Encourage participants to actively implement their plans and reflect on the process.

#### **Q&A and Closing Remarks (5 minutes)**

- Address any questions or concerns.
- Recap the key concepts covered in the workshop.
- Closing remarks, emphasizing the transformative impact of consistency in personal growth.

#### **Materials Needed:**

- Presentation slides on consistency, habit formation, and overcoming obstacles.
- Worksheets for habit-building and goal consistency planning.
- Role-playing scenarios for overcoming challenges.
- Whiteboard or flipchart for group activities.

#### **Note:**

This workshop focuses on instilling the importance of consistency and developing habits for success. The interactive goal consistency planning session provides participants with actionable steps to apply consistency in their lives. The homework assignment encourages practical application and reflection on the journey toward maintaining consistency in personal goals.

WATCH NOW:

<https://www.youtube.com/watch?v=ANpmYcAE-8U>

<https://www.youtube.com/watch?v=UBzUJB8cLkl>

## Week 12: Recap and Future Planning

### Objective:

- Review key principles covered throughout the program.
- Celebrate successes and address challenges.
- Guide participants in setting new goals and creating a plan for the future.
- Assign homework to develop a long-term plan for personal growth and success.

### Workshop Agenda:

#### **Welcome and Opening Reflection (10 minutes)**

- Welcoming participants to the final session.
- Ice-breaker activity: Reflecting on the journey so far.

#### **Review of Key Principles and Progress (10 minutes)**

- Comprehensive review of key principles covered in the workshop series.
- Group discussion: Sharing personal progress and insights.
- Facilitator guidance on connecting principles to real-life experiences.

#### **Celebrating Successes and Addressing Challenges (10 minutes)**

- Interactive session: Participants celebrate individual and group successes.
- Open discussion: Addressing challenges faced during the program.
- Peer support: Sharing strategies for overcoming challenges.

#### **Setting New Goals and Vision for the Future (10 minutes)**

- Goal-setting workshop: Participants identify new goals for personal growth.
- Visioning exercise: Envisioning the future and desired outcomes.
- Group activity: Sharing and discussing individual visions.

#### **Interactive Session: Creating a Future Plan (10 minutes)**

- Workshop on developing a long-term plan for personal growth and success.
- Goal alignment exercise: Ensuring new goals align with personal values.
- Peer collaboration: Providing feedback and refining future plans.

#### **Homework Assignment (5 minutes)**

- Explanation of the homework assignment: Develop a long-term plan for personal growth and success.

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- Provide templates or guides for documenting future plans.
  - Encourage participants to reflect on their aspirations and commit to actionable steps.

#### **Closing Reflection and Gratitude (5 minutes)**

- Facilitator-led reflection on the entire workshop series.
- Expressing gratitude for participants' commitment and contributions.
- Closing remarks, emphasizing the ongoing journey of personal growth.

#### **Materials Needed:**

- Presentation slides summarizing key principles and progress.
- Worksheets for goal-setting and future planning.
- Visioning exercise materials.
- Whiteboard or flipchart for group activities.

#### **Note:**

This final workshop serves as a reflection on the transformative journey and sets the stage for continued personal growth. Participants review key principles, celebrate successes, and address challenges collaboratively. The goal-setting and future planning activities empower participants to envision and work towards a successful and fulfilling future. The homework assignment encourages a proactive approach to sustained personal development beyond the workshop series.



## Letter from the Founder and Professional Certified Life Coach

Dear Participants of the PEAK Life Coaching Program for Teens,

As we approach the culmination of this transformative journey together, I am filled with gratitude and pride for each one of you. It has been an incredible twelve weeks of self-discovery, growth, and empowerment. I want to take a moment to reflect on the remarkable progress you've made and express my heartfelt wishes for your continued success.

Throughout this program, you've delved into essential principles that lay the foundation for a purposeful and fulfilling life. From setting goals and making decisions to fostering healthy relationships and prioritizing mental health, you've embraced the teachings with enthusiasm and dedication.

I've witnessed your resilience in facing challenges, your eagerness to learn, and the support you've provided to one another. This journey is not just about the workshops; it's about the profound transformation happening within each of you. You've shown an incredible capacity for growth, and it's a testament to your commitment to becoming the best versions of yourselves.

As a founder and a certified life coach, it has been my honor to guide you through this program. My hope is that you've not only gained valuable insights but have also developed a mindset for success, resilience in the face of challenges, and a vision for your future.

As you enter the final week, take time to celebrate your successes and acknowledge the challenges you've overcome. The future holds limitless possibilities, and I am confident that the skills and principles you've learned will serve as powerful tools in navigating the journey ahead.

I encourage you to embrace the homework assignment, creating a long-term plan for personal growth and success. This plan is your roadmap, a tangible manifestation of the goals and visions you've cultivated during our time together. Remember, this is not the end but the beginning of a continuous journey towards greatness.

To each one of you, I extend my warmest wishes for a future filled with purpose, fulfillment, and success. May you continue to strive for your dreams, overcome

obstacles with grace, and make a positive impact in your lives and the lives of those around you.

Thank you for entrusting us with this part of your journey. It has been an absolute privilege to witness your growth, and I look forward to hearing about the incredible achievements that lie ahead.

With sincere gratitude and hope,



## **Williamson Sintyl**

Founder and Professional Certified Life Coach

PEAK Life Coaching [:https://www.peakcorp.co/peaklifecoaching](https://www.peakcorp.co/peaklifecoaching)

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I INVEST IN PEOPLE AND BUILD COMMUNITIES LOCALLY AND ABROAD