

Coach to
the
Kids
Certification Program



Program Title: Coach to the Kids Certification Program

Program Description

This comprehensive certification program has been specifically designed to provide aspiring coaches with the necessary skills and knowledge to succeed in the field of children's coaching, as well as to support and promote positive mental health. By taking this program, future coaches will empower kids to develop and keep a healthy self-efficacy. The program uses powerful transformational tools such as positive affirmations, visualizations, and meditations that promote positive self-talk, inspire clear visions of the future, and balance mind and body for overall wellbeing.

This program is ideal for those who want to become certified coaches to work with young kids and teach them how to tap into their inner strength and confidence. The program includes professional development modules that teach coaches how to work with kids, establish a career as a certified coach, and maintain a successful coaching practice.

Throughout the program, coaches will first learn how to establish themselves as certified coaches and how to keep a successful ongoing practice by teaching them about key coaching skills and business elements. Later, they will effectively use positive affirmations to help kids reframe their negative self-talk into positive self-talk. Coaches will also learn how to use Visualizations to inspire kids to envision their ideal future and set achievable goals. Finally, coaches will learn how to use Meditations to promote relaxation, balance, and wellbeing.

This one-of-a-kind, program will provide coaches with 12 hands-on, already made and ready to go practice sessions to experience working directly with kids and guide them through a transformative process. The program will also teach coaches how to establish a positive rapport with kids and how to effectively communicate with them.

Upon completing the certification program, coaches will have the skills and knowledge necessary to empower kids to become stronger, adopt a healthier mindset, and to project confidence and knowledge into their lives. Coaches will also be able to establish a successful career as a certified coach, helping kids and adults alike to achieve their goals and live happier, more fulfilling lives.

Overall, our program introduces coaches to the latest research and best practices in promoting children's self-esteem and overall wellbeing through evidence-based

techniques. We believe that this certification program will not only benefit the kids who are served by our coaches, but also empower coaches themselves to achieve their professional goals while making a real difference in the world.

Details and Objectives

Coach to the Kids is a transformational, self-paced course designed to equip future coaches with the powerful, scientifically proven tools and knowledge they need to empower kids and themselves to follow their dreams, transform their lives, and thrive.

It is a unique program that combines empowerment and self-care for instructors and kids simultaneously, within an internationally validated curriculum that teaches the most powerful proven tools of cognitive psychology for personal development. Along with this, our future coaches will also go through the basic fundamentals and techniques required to establish their coaching careers.

By the end of this course, both the coaches and the kids will harness positive affirmations in self-talk, visualizations, breathing, and relaxing to balance emotions. These tools help kids to develop self-love and boost self-efficacy and will enable coaches to kick off a lifelong career as a life mentor for kids.

What kids and coaches will learn

- To change negative thoughts to positive ones, by exercising the use of positive affirmations to create a mindset that will help them succeed in life.
- To incorporate empowering and positive vocabulary. Powerful and positive words in self-talk to strengthen confidence and self-esteem.
- To respectively collaborate, form relationships, make choices, manage emotions, deal with conflict, and understand each other.
- To develop the powerful habits of breathing, relaxing, and balancing emotions.
- To visualize yourself beyond your current circumstances.
- To affirm your vision and dreams.

How Coaches will benefit from the Program

- **Develop expertise in Social Emotional Learning:** A certification course in SEL coaching equips you with the knowledge and skills necessary to effectively teach

social and emotional skills to kids. It provides a deep understanding of the theory and practice of SEL, and enables individuals to develop their expertise in this area.

- **Career opportunities:** Through our program, future coaches will not only gain certification but also acquire comprehensive knowledge about the coaching business through our business modules. Becoming a certified coach for kids will unlock a wealth of new career opportunities. Graduates of our program may find themselves equipped to work in a variety of settings, including schools, after-school programs, private practice, and other environments where social-emotional learning holds significance. Our business modules ensure that our coaches are well-prepared to navigate the diverse landscape of coaching opportunities for children, empowering them to make a meaningful impact in their chosen career path.
- **Develop personal and professional skills:** This certification program empowers you to develop a range of personal and professional skills. These include communication skills, leadership skills, problem-solving skills, and the ability to work effectively with others.
- **Make a positive impact on children's lives:** By becoming a certified coach for kids, you can have a greater impact on the lives of children. As a coach, you can help children develop skills such as self-awareness, empathy, and relationship-building and equip them with the life-long tools they need to succeed in school and beyond, and make a positive difference in their overall well-being.
- **Improved personal growth:** By participating in this certification program, you will develop your own social-emotional skills and personal growth. You can apply the skills you learn to your own lives, as well as the lives of the children you work with.

How the certification is taught

- Our program includes the following topics and resources:
 - Introduction to the Program, where you will be introduced to our vision and learn about the importance of your own personal growth.
 - Empowered Coaches, personal development module for coaches.

- Career development units, through which you first learn to develop your holistic coaching skills and techniques and also how to start a kids' coaching business
 - 12 Done-for-you practice sessions with the kids complete with of all the resources you will need, such as guided conversations, empowering audios, and fun activities.
- We believe that learning by doing is key! This is why once you've taken all the business and coaching modules; you will have access to a one-of-a-kind done-for-you Program with 12, 1-hour practice sessions with all the resources ready to go to be carried out with kids.
 - This certification program is self-paced and online.
 - You have access to a community of future coaches that are experiencing this transformative experience with you through the forum section.
 - Receive your certificate once you've completed all the sessions and passed assessments.

About our Unique Practice Program and Methodology

After we've covered the bases with your own Personal Development modules, dived into developing your Coaching Skills, and the Career Building module, it's on to practicing with the kids! We've incorporated a very successful **mindset transformation program designed for kids** within this certification program for you to easily follow step by step. This Program for Kids was created by combining some of the most powerful methodologies out there into one unique, robust, and efficacious one.

The different methodologies and tools used in our Programs have been thoroughly researched and validated by professionals in the fields of cognitive psychology, pedagogy, mental health, and neuroscience.

Here is what makes our methodology so unique. In our program you will find:

LUDIC METHODOLOGY

Playful, game-based learning.

Play is a natural way kids learn! From infancy, children playfully interact with the world around them with incredible curiosity and desire to discover what will happen. While playing, they are free to explore, question, wonder, solve problems, and test their abilities in a stress-free environment. With every new discovery, kids form their own understanding of the world around them and develop their self-esteem, confidence, self-worth, resilience, and self-control.

That is why our programs incorporate the ludic methodology: so that kids learn without even realizing it! This methodology goes beyond traditional teaching where the adult holds the knowledge and gives it to children. This is a connected learning experience where children and adults play together to learn about and practice new skills.

EMPOWERING VOCABULARY

Powerful, advanced vocabulary kids incorporate into their everyday language.

Words are extremely powerful. They change the way we think, feel, and perceive the world around us. When we choose to repeat positive words, we actually change the way our brain works! By rewiring our brains in a positive way, we reduce stress and boost our cognitive reasoning, happiness, and motivation to make positive choices in life.

In a very natural, playful, and fun way, children incorporate our powerful, positive words, into their own self-talk and everyday language without even thinking about it! The more they use these words, the more they empower themselves and raise their self-esteem!

SOCIAL-EMOTIONAL SKILLS

Kids learn how to respectfully collaborate, form relationships, make choices, manage emotions, deal with conflict, and understand one another.

Children are like little scientists: they are curious about the world and are constantly testing it, observing the reactions caused by their choices, and drawing conclusions. Their curiosity empowers them to take risks, try new things, and ask questions.

"SEL interventions averaged out to an 11% improvement in achievement tests, a 25% improvement in social and emotional skills, a 10% decrease in classroom misbehavior, anxiety, and depression." (Durlak et al)

Their curiosity does not stop with the physical world around them. Kids are curious to learn how to interact with others, what their emotions mean and how to manage them, and

how to deal with adversity. Perhaps most importantly, they are curious to learn about their strengths and discover who they truly are.

As part of our mission to help kids reconnect with their self-esteem and live to their potential, we have designed our sessions to include cooperative learning opportunities, introspective activities, and conversations that promote community, acceptance, and respect: all of which enhance kids social and emotional skills.

"It's about creating an environment where a child can learn - because if a child isn't emotionally prepared to learn, he or she is not going to learn" (Marc Brackett, PhD)

MULTIPLE INTELLIGENCES

Every child's unique learning style is valued and developed.

No two children think alike, learn alike, or play alike. Every child has a unique way of approaching tasks, thinking about information, and expressing their understanding. One child may learn how to breathe and relax while listening to an audio while another may learn how to do so during a game, while being alone outside, during an independent coloring activity, when confronting a challenging situation, or during a group discussion.

"Anything that is worth teaching can be presented in many different ways. These multiple ways can make use of our multiple intelligences." (Howard Gardner).

This is why we have created dozens of unique games and activities, original audios, and hundreds of tips and suggestions for teachers that tap into all eight multiple intelligences! This way, every child learns about all of the powerful tools in their own unique way, at their own time.

"Providing students with multiple ways to access content improves learning." (Hattie, 2011)

GROW ALONG: PROFESSIONAL DEVELOPMENT

Guidance, techniques and strategies that will enhance your skills throughout the Program.

Of course, the magic is for all, adults grow along too!

Throughout every Session with kids, we provide strategies that our collaborating adults can use to make transition time fun and easy, develop positive connections with kids, and to create a safe and inviting atmosphere.

All of our tips, techniques, and strategies have been used by teachers and other collaborating adults with great success!

PERSONAL GROWTH ACTIVITIES FOR ADULTS

Before every session with the kids, collaborating adults will enjoy completing activities that guide them to introspect, reflect, and practice affirming, breathing and relaxing, and visualizing in their everyday lives. As they complete these activities, adults will strengthen their self-esteem, confidence, sense of worthiness, and self-love... empowering them to unleash their potential and achieve their dreams!

Just like riding a bike, once adults learn how to use the powerful tools in their own lives, they'll never unlearn them!

CAREER DEVELOPMENT

Instructors and Support

This course is designed to stand alone and provides all the follow-up and tools needed without a live instructor. However, for clarification or feedback, feel free to write to info@coachtokids.com

Requirements

Prerequisites

None are required. Any coach, counselor, paraprofessional, tutor, guardian, parent, caregiver, instructor, teaching assistant, etc can take this course without prior certifications or degrees.

Technical Requirements

- Hardware Requirements:
Having a PC, Mac, or Chromebook
- Software Requirements:

PC: Windows 8 or later

Mac: macOS 10.6 or later

Browser: The latest versions of Google Chrome or Mozilla Firefox are preferred. Microsoft Edge, Opera and Safari are also compatible.

- Other:
Having an existing email address to subscribe to the platform

Instructional Material Requirements

All the material required is provided digitally and through downloadable versions in this course. School supplies and materials are used in the activities and are required to enhance the experience.