



Information for Students

Business Executives and Athletes get coaches, why not Teens!

What is a coach?

A coach is someone who believes in you, and supports you and your dreams. A coach is there to listen, so you can talk about whatever is on your mind. A coach may ask you questions that are meant to help you think things through.

A coach does not give advice, tell you what to do, or what to think. Rather a coach is there to help you uncover your own choices and decisions.

A coach is not a friend, parent, advisor, or mentor. A coach will not tell you what to do. What you do and decide has to be what is right for you.

What is it like to have a coach?

Having a coach means knowing that you can think out loud and that you have someone you can share things with. A coach will not judge you for what you say or do. A coach will keep whatever you say private and confidential.

How do I know they won't tell somebody else what I said?

Coaches are trained and instructed to keep what you tell them private. They know privacy and trust are important in relationships like this.

There are a few exceptions. If your coach suspects you are being abused, or in danger to yourself or to others, he/she has an obligation to report that to the proper authority. This is the same responsibility your school has.

Do I have to tell them everything?

No. You are always the one to decide what your coaching conversations will be about and what you would like to share.

What good will coaching do for me?

That's up to you. Each coaching relationship is different and what each person gets from coaching is unique.

What have other teens said about having a coach?

- "My coach listened to my goals. She helped me see that what I am doing in school has a connection to what I want to do later. I didn't see that before."
- "I am more focused. The thoughts going around and around in my head are more clear."
- "I needed to talk to someone about my problems. I have my Mom, but I couldn't add my problems to all that my Mom is already dealing with."

You may also wish to visit the Touch Point Connection web site at www.TouchPointConnection.org