

# Amphitheater High School

## Success Coaching for Teens

Provided by Touch Point Connection

Amphitheater High School believes that all teens have the potential to be successful. A program at the school called Touch Point Connection is providing volunteers who “coach” teens and provide additional support so that the teens may see and reach their dreams.

### **Why have a coach?**

Athletes, business people, and leaders have coaches, why not teens? Coaching is about solving problems and establishing goals for the future. Coaches can help your teen identify their own answers without giving advice or telling your teen what to do.

### **How do they do this?**

They listen without judging what is said, and ask questions that are meant to help your teen think things through. A coach does not give advice, or tell your teen what to do. A coach is there to help your teen uncover their choices and make decisions. The coach believes in your teen, and wants him/her to be able to be the best they can be.

### **Do they really care about my teen? They don't even know them.**

That is a very good question. The coach may not know him/her yet; however, the types of people who volunteer for this are naturally caring people who become coaches because they want to be supportive and helpful. A coach does not replace the role of a parent; they are there to give your teen additional support. Many adults wish they had a coach when they were young.

### **How does it work?**

The coach will meet with your teen once a week for 30-45 minutes, during the school day or immediately before or after school. The teen will talk with their school counselor to work out what time would be best. There is no coaching during the summer or holiday breaks. The services provided are free.

### **How can I find out more if I want to?**

We would love to have you contact your teen's school counselor if you have any questions. Anything we can do to support your teen's success is “our goal”.

Thank you.