



Life Coaching for Teens

Take Charge. Build Confidence. Find Your Path.

A program by Sirv for young people aged 12–17

What Is Life Coaching?

Life coaching is like having a personal cheerleader, mentor, and strategist all in one. At Sirv, coaching is about you—your goals, your challenges, your wins. Whether you're feeling stuck, stressed, overwhelmed, or just unsure of what's next, coaching helps you:

- Figure out what matters to you
- Build confidence and motivation
- Learn skills to handle stress and tough situations
- Set goals you actually want to achieve
- Feel more in control of your life

Who Is Coaching For?

This is for you if you're:

- Struggling with motivation, school, or friendships
- Feeling anxious, lost, or just not yourself lately
- Wanting to get better at handling pressure or emotions
- Interested in becoming more confident, focused, or independent
- Ready to make a change, but not sure where to start

You don't have to have everything figured out. That's exactly what we're here for.

What We'll Work On (Together)

- ✓ Setting personal goals that *actually matter to you*
- ✓ Boosting your confidence, self-worth, and mindset
- ✓ Coping with stress, anxiety, and emotional ups and downs
- ✓ Dealing with friendship drama, school pressure, or family stuff
- ✓ Creating better routines, time management, and focus
- ✓ Building life skills that'll help now and into the future

Why Teens Choose Coaching with Sirv





- It's all about you: Your pace, your goals, your space
 - You're listened to, not judged
 - You'll learn real tools you can actually use
 - Our coaches *get it*—they're trained in working with teens
 - We respect your privacy, your values, and your voice
- This isn't therapy. It's not school. It's your space to grow.

What to Expect

- One-on-one sessions (online or in person)
- A friendly coach who *gets* where you're coming from
- No pressure, no lectures—just real talk and real support
- You lead the way—we're here to help you walk it

How Much Does It Cost?

We keep things simple and flexible—choose what works for you:

Option	What You Get	Cost (AUD)
Single Session	1 x 60-minute session	\$190
3-Session Pack	Save a bit, stay consistent	\$540 <i>(save \$30)</i>
6-Session Pack	Great for longer-term support	\$1,050 <i>(save \$90)</i>