

BLOOM AND GROW COACHING HELPS YOUTH ACHIEVE...

- *Encouragement to “dream big”
- *Enhanced academic performance, work ethic, and family dynamics
- *Enhanced decision-making skills
- *Exploration of boundaries and strategies for implementation
- *Increased confidence and self-awareness
- *Improved ability to recognize right and wrong
- *Improved communication skills
- *Identification of personal strengths and values
- *The capability to set and achieve goals
- *The cultivation of healthier friendships
 - *The development of healthy relationship skills
- *Tools for effective anger management

And much more!



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A GREAT MENTOR AND LIFE COACH IS SOMEONE WHO...

*CHALLENGES YOU

*CHEERS FOR YOUR SUCCESS

*GUIDES YOU TO FIND ANSWERS

*HAS A POSITIVE MINDSET

*IS AVAILABLE

*IS SUPPORTIVE

*MAKES YOU FEEL HEARD, SEEN, AND IMPORTANT

*PROVIDES CONSTRUCTIVE FEEDBACK

*RESPECTS YOU

*TEACHES YOU HOW TO ADVOCATE FOR YOURSELF

"EVERY TEEN IS ONE CARING ADULT AWAY FROM BEING A SUCCESS STORY".

~ Josh Shipp

ABOUT BLOOM AND GROW COACHING

Bloom and Grow Coaching is a non-clinical, fully insured mentoring and life coaching program designed for individuals aged 11 and up. We utilize a person-centered, hands-on approach, integrating the eight dimensions of wellness—emotional, physical, social, environmental, occupational, financial, intellectual, and spiritual—as the foundation for success. Our program aims to empower participants to thrive in all aspects of their lives, fostering personal growth and resilience through tailored mentoring and life coaching.

Our Philosophy:

Connection Before Correction- We believe that building a genuine connection with the youth we serve is essential. Our mentoring and life coaching approach emphasizes trust, empowerment, and guidance while holding youth accountable for their actions. By prioritizing connection, we create a supportive environment where youth feel understood and valued.

WHAT DO SESSIONS LOOK LIKE?

Weekly Mentorship Sessions:

Youth are picked up from their homes to meet with their mentor/life coach for engaging one- or two-hour sessions each week.

Goal Setting and Personalized Plans:

In the first session, we focus on goal setting, allowing the youth to identify self-directed objectives they wish to achieve. Based on these goals, the mentor/life coach designs hands-on, interactive experiences in the community, making the journey enjoyable and impactful.

Incentives and Celebrations:

To keep motivation high, youth receive special incentives as they progress toward their goals. We also celebrate their successes, reinforcing positive behaviors and achievements.