



YOUTH LIFE COACH ACADEMY

Youth Life Coaches promote prevention by removing barriers and obstacles to social and emotional wellbeing while fostering growth mindset. Youth Life Coaches empower young people who are seeking help with life transitions and their journey to adulthood. There has been a marked increase of youth seeking help from trauma, mental illness and or addiction. Trauma can come in many forms, from substance use disorder, isolation and other personal crises: coaching empowers youth to navigate any difficulty they struggle with. Youth Life Coaches speak the language of a younger generation and can greatly impact their access to resources and sustained long-term social and emotional well-being.

Youth Life Coaches are young people empowering young people.

Greater Recovery and Community Empowerment (GRaCE) provides training to enhance the skills of youth and those individuals who will be supporting youth on their life's journey. This course will provide the knowledge and skills necessary to guide, mentor and support others through their own transition, and growth process. It prepares participants by helping them actively listen, ask appropriate motivational interviewing questions, empower youth to set short-term and long-term goals, empower youth to find needed resources and discover ways to manage their own issues.

In conjunction with West Virginia Higher Education this 4-day course offers:

- 3 college credits
- Life Coach/Recovery Coach Certificate
- Invitation to be part of a state-wide coaching network
- Continued coaching support
- Opportunities for continuing education



GRaCE
Greater Recovery and Community Empowerment

For more information go to www.StrengthenGRaCE.com and/or email at Director@StrengthenGRaCE.com