



It's all about connecting:

"Jeff was able to establish a meaningful connection with our son when no one else seemed capable."

—Suzanne M.

It's all about caring:

"Jeff, thanks so much for helping me be a better parent."

—Joe M.

It's all about wisdom, compassion and experience:

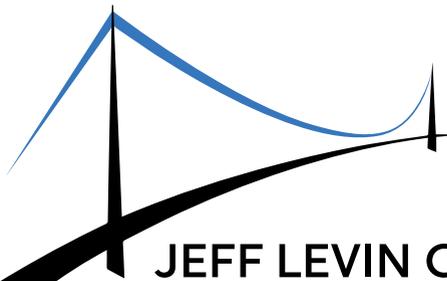
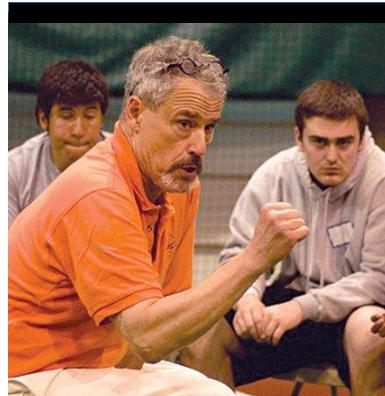
After two hours with Jeff not a single boy in the room had checked the time. It was a transformative experience for us. Jeff has a gift in reading people and fundamentally wants to improve our outlook on our seasons, our relationships and our lives.... He created a powerfully trusting and positive environment. He is a healer, a motivator, an entertainer and always an ally.

—Chip Davis, Athletic Director & Coach, Deerfield Academy

For more information or to discuss your family's situation, feel free to contact me at my office in Waltham, on my cell, or by email. I look forward to hearing from you.

JEFF LEVIN COACHING

Home-based life coaching for young people and their families.



JEFF LEVIN COACHING

FIND WHAT YOU LOVE—LIVE WHAT YOU FIND

www.jefflevincoaching.com

OFFICE 617-356-2329 | CELL 603-496-0305

Jeff@jefflevincoaching.com

Find what you love – live what you find.

I offer unique, home-based counseling and life coaching for teens and 20-somethings and their families.

I work with young people and their families in their homes in a positive, flexible, proactive way that emphasizes measurable, practical, and sustainable change, both short and long-term, for the whole family. My approach is relaxed, non-hierarchical, and results-oriented.

My program is effective for:

- Families where kids are anxious, acting out, or not talking to their parents.
- Parents who need help “decoding” their kid and improving communication.
- Families where things are going haywire at school and/or home.
- Families where weekly therapy might not have been effective.
- Motivated families considering a wilderness program for their teenager or 20-something or whose child is returning from a program.
- People for whom the home/business visits would be more convenient.

How it Works:

I can quickly discern key dynamics and whether I'll be able to help. This program isn't for everyone, so I begin with an evaluation process to determine whether I can be effective. There is no major financial/emotional commitment until everyone is sure there is a great shot at progress.

We all work together. The family and I work together over time to solve problems collectively. It is predicated on heavy involvement and a commitment to change from the parents.

We work intensively, flexibly, organically. I work with the family, 24/7, if necessary, to customize a program for the child and family that will create positive change.

Specifics of the Program:

- **Communication:** The adults get crystal clear on goals and then involve the child.
- **Commitment:** All parties must commit.
- **Structure:** There is a fluid but structured working plan that is the cornerstone of the process: each person has his or her goals and commitments, and a system is installed to keep everyone focused and accountable.
- **Support:** In addition to face-to-face meetings, I am available any time by Skype, text, phone, etc., as we work towards objectives and goals.
- **Collaboration:** I work in concert with the other professionals who help you with your child: psychiatrists, school personnel, tutors, etc.

...within the first two weeks of meeting him, we were openly talking about my situation. Jeff listened to what I had to say and earned my trust faster than anyone I've ever known.

—Taylor G.

Why it works:

- I work with both heads and hearts.
- The antidote to stress and dysfunction is connection, even in the midst of discord.
- Family members quickly sense a rewarding journey that achieves real, lasting change.

If you'd like to discuss whether my approach might be a good fit for your family, feel free to contact me at Jeff@jefflevincoaching.com.



About Jeff Levin

Born and raised in Newton, Massachusetts, and a graduate of Dartmouth College, Boston College School of Education and the Smith College School for Social Work, Jeff

has devoted his professional life (35 years and counting) to supporting young people and their families. He began his professional career as a middle-school English teacher in Carlisle, Massachusetts, and since then has worked as a psychotherapist and life coach with individuals and groups in a wide variety of settings helping families, teams, individual athletes, young people, and corporations all over the country.