



It's all about connecting:

"I thought the work you did here was amazing and it really showed a larger picture to those who attended the seminar. I liked the honesty and truth behind what you told us, and I found our individual time really valuable in terms of learning how to be more confident in and out of the classroom. You opened our eyes up to see the strength we all have individually."

—Landon A.

It's all about caring:

"Jeff motivates and challenges me to reach my full potential in all aspects of life. He has pushed me to put my best foot forward in whatever I'm doing, be it basketball, school or relationships. Jeff's understanding and caring nature make him not only a great life coach and team builder, but a great mentor as well. No matter who you are, if you want to be a better person in any way, shape or form, Jeff's your guy."

—Alex S.

For more information on Confidence Coaching, feel free to contact me by phone, on my cell, or by email. I look forward to hearing from you.



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

JEFF LEVIN COACHING



Confidence
Coaching
for young
people



Find what you love –
live what you find.

Confidence Coaching

This is a complicated time, especially for young people. The pressures are varied and powerful, and even high-performing kids benefit from less stress and more confidence. Confidence Coaching provides an invaluable leg up that will last a lifetime.

No matter where he or she is emotionally, Confidence Coaching can help your teenager or twenty-something. If your kid's in a bad place, we can help him/her and your family work through that. If things are going well, shedding stress and learning how to incorporate dreams into goals and ambitions will help things go even better.

Confidence Coaching gives young people three invaluable emotional skills:

- They will come to know what makes them tick and what their dreams are so can learn how to consciously choose behaviors, relationships, and thinking that will lead to the realization of those dreams.
- Because they become more comfortable with themselves in the coaching process, they are truly more solid, connected, competent, and confident and are ready to achieve, contribute, and excel. This markedly increased self-possession is projected to everyone with whom they interact, including college and job interviewers, teachers, and peers.
- They enlarge their circle of connections and influence, strengthening their leadership skills wherever they may travel.

The Process

We use a three-step formula:

- 1) One, what are your dreams in life?
- 2) What mental, emotional, and behavioral “detours,” both conscious and unconscious, might be hindering the realization of those dreams?
- 3) What can be done to eliminate those detours?

There is a two-hour initial comprehensive evaluation that includes in-depth interviews with the young person and the parents in the home. Teachers and other key adults are interviewed as needed.

A written plan is developed, and in-person, Skype, phone, and texting sessions are scheduled at whatever frequency and pace is required for rapid and effective progress. This is generally not a long-term program: most kids experience significant improvement after only a few sessions.

If you'd like to discuss whether my approach might be a good fit for your family, feel free to contact me at 603-496-0305 or 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.