

## The Solution

Fortunately, there are ways to mitigate this stress and anxiety. Kids are hard-wired the same way they have always been, with the same needs for support, limits, and independence. However, today's students need to be taught things that came naturally a generation or two ago.

Students need safe, productive, professionally facilitated environments in which they can learn to calm down, shed stress, and deeply connect with themselves and each other. If we can give them this confidence, connection, and understanding, we can measurably reduce their stress.

Additionally, we can use the desire all children have to be of service to others so they can be of service to **each other**. This mutual accountability and opportunity to get outside of themselves to help other people also increases confidence and reduces stress.

Of course, our students can't de-stress in a vacuum: ideally, we need to also teach this curriculum to parents and educators so the school community can reduce the overall stress level together.

**The goal is measurable results.**



**JEFF LEVIN COACHING**

FIND WHAT YOU LOVE—LIVE WHAT YOU FIND

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"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. Between the group and individual connections, all emotions were in play, and he created a powerfully trusting and positive environment. He is a healer, a motivator, an entertainer, and always an ally."

Chip Davis,  
Deerfield Academy Admissions Director  
and Boys' Lacrosse coach

If you'd like to discuss whether my approach might be a good fit for your school, feel free to contact me at 603-496-0305 or [Jeff@jefflevincoaching.com](mailto: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, schools, individual athletes, young people, and corporations all over the country.

## JEFF LEVIN COACHING

### School Programs



### Getting at the root of stress in our school communities

Research shows what teachers and school administrators already know: the level of stress students are experiencing is increasing.

While many modern, "digitized" kids have the academic skills they need to succeed, they often lack critical emotional skills. Because of cultural shifts that both affect them directly and have caused their parents to parent differently, many kids today lack confidence, emotional resilience, grit, and imagination, all crucial to normal child development. This results in stress.

The problem is insidious, like an iceberg. Symptoms such as the opiate epidemic and suicide rate are things we can see—the part of the iceberg above the water. However, the part of the iceberg we cannot "see," below the waterline, consists of stress, pressure, and disconnection in our kids, schools, communities, and even ourselves. It is these invisible things that are causing the visible symptoms, such as anxiety, depression, and device addiction, as well as the dramatic and dangerous negative choices kids are making.

Creating confidence and community in the Digital Age

## Programs

I have a variety of programs for students, teachers, and parents that can be used together, separately, or in any combination to create a culture of confidence and reconnection for your kids.



I offer assemblies and programs to inspire and introduce the concepts I teach, but change is impossible after only one program.

Having me come to the school regularly to work with students, teachers, and/or parents—what I call my **Reconnection Project**—is surprisingly affordable.

Some of the skills covered in all my programs:

- How to manage the “gremlins” in our heads
- The critical importance of imagination and being true to yourself
- The overarching benefits of authenticity and connection.
- Finding the parenting/teaching sweet spot to help, not enable
- Results aren’t all that matters; enjoying the journey!
- Using adversity to fuel success instead of failure
- Living with lasting, intentional confidence
- Setting goals: learning to devise a plan, implement that plan, achieve benchmarks, and reach goals
- Finding a sense of purpose and inspiration.

My programs are offered as a cost-effective package or à la carte, and I tailor each offering to the needs of the school. Here is my core curriculum:

**For Students: The Curriculum of Confidence Assembly** has as its foundation the belief that achievements are only a part of what gives a young person the gift of true self-esteem. Young adults must also understand what makes him or her tick, develop a working sense of his or her passions and dreams, look courageously at the things of which he or she is afraid, and work deliberately to find his/her voice.

Using live musical performance (which ideally includes student involvement), kids learn concrete, clear methods to reduce stress as well as develop true confidence and self-worth.

### Lighthouse Program: for Smaller Groups

This group takes the concepts touched on in the Curriculum of Confidence Assembly but actively teaches and reinforces the skills so they are truly absorbed and become habit. Although it works well for any group, the Lighthouse Program is a great choice for kids on the margins.

Students help each other to learn the methodologies to make mental, emotional, and material decisions that support their journeys to transform vision into reality. In addition, students will explore the things of which they are afraid and work deliberately and with clear guidance to learn to face their fears. This kind of powerful, fun introspection and sharing done within the context of a group of their classmates and friends provides students with the inspiration, self-awareness, and self-confidence to make better choices.

In addition, through the course of the program, I can often identify individuals who may be at risk for destructive behaviors and successfully steer them towards proper support before a tragedy occurs.

**For Teachers: The Helping Kids, Helping Ourselves Workshop** finds its foundation in this powerful idea of Carl Jung’s: “The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

The nature of the teacher-child relationship has the power to change both lives in deeply profound ways. In this workshop, we use the authenticity that children demand of us to explore our “hot button” issues that kids seem to know how to push intuitively.

Educators will discover effective and practical ways to reduce their stress and connect more powerfully with a wider range of students.

“Jeff has a rare, powerfully engaging ability to connect with kids, teachers and parents. His easy authenticity and passion, vision and curriculum for how our students and we, as parents and educators, can slow down and make meaningful connections with ourselves and one another made a deep, lasting impression. Jeff’s work will most definitely be moving forward here in Hudson.”

Jason Webster,  
Quinn Middle School Principal



### For Parents: Raising Kids in the Digital Age

The goal here is to get parents on board so the child’s entire “holding environment” becomes safe and supportive and encourages growing independence in consistent ways. Using a mixture of group discussion, lectures, and music, we explain our program and its goals, as well as how parents can lessen the scrapes and bruises involved in parenting today. Some of the issues to be covered, in an introductory program or in-depth over the course of the school year:

- Responding skillfully to being tested by your teen(s)
- Walking the fine line between supporting and enabling
- Learning some basics of child development to make sure parenting is in step
- Learning when and how to seek help
- Self-care for parents
- Recognizing issues of substance abuse
- Dealing effectively with frustration and anger
- Smoothing out communication
- Letting go: stop micromanaging your child!
- Disconnecting from devices
- Enjoy relaxing, laughing, and being together with other like-minded parents.

All of my programs are customized for each school, so feel free to contact me to discuss your school’s particular needs.



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