

## Strider Kids PowerMind Program

Transform your child's mindset & give them a head start in life

# Frequently Asked Questions

All you need to know about kids coaching and its benefits.

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### 1. Why do children need coaching?

Children need coaching to

- ★ Give them the much needed space to work out who they want to be and make sense of the things they are dealing with
- ★ Close the gap between the rapid pace of their world and the natural developmental process of their brain
- ★ Build a strong foundation of mindset and thinking habits
- ★ Equip themselves with a set of practical toolkit to overcome challenges

It is especially necessary for children in today's fast changing world, one with ***the pace of life that is faster than the natural developmental stages of their brain!***

Rapid changes, increasing school pressure, exposure to technology, social media and a virtual world - this reality subjects children to external influences beyond parents' control at a much younger age than ever, creating dangerous thought processes and belief systems in our children.

If children do not have ***a strong foundation to process the complexity of this modern reality***, their inner turmoil may develop into negative behaviours and unhealthy self-esteem, affecting all areas in their life.

Coaching takes a proactive approach with long-term benefits, rather than waiting till things get out of control. Prevention is always better and easier than cure.

In a nutshell, kids coaching is the ***best insurance you can have for your children's success, happiness and fulfilment in life.***

### 2. Why investing in Coaching for your child now?

It is simply cheaper, financially and emotionally.

Would you rather ***invest in a preventive method to build a strong mindset foundation for your child or try to fix them when things get out of control?***

Tutoring, Psychology treatments and Therapies may cost a lot more, but they mostly focus on fixing and patching up, rather than building a good and strong foundation.

So the question is whether to invest a smaller portion to set your child up for an empowered, responsible, successful and happy future now, OR spending it to fix a weak, reckless, disempowered, and depressed future.

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### 3. Why Strider Kids Coaching?

We offer practical and measurable support to everyday children with everyday challenges.

Our method is based on ***proven techniques used in life and performance coaching, Cognitive Behavioural Therapy (CBT) and Neuro-Linguistic Programming (NLP)***. Our coaching focus is not on the problem but on the solution – a fast and lasting solution.

You child will gain

- ★ A tangible toolkit and solutions to challenges they may be facing, before they spiral out of control
- ★ Self-confidence and mental resilience
- ★ A love for lifelong learning
- ★ Ability to manage big emotions and feelings
- ★ Ability to coach themselves to make good choices, embrace their differences, learn from mistakes, turn challenges into opportunities
- ★ Courage to step out of any limiting beliefs and rewrite their own story for an inspired life

Just as supporting your children with tuitions on subjects that they want to improve on, we can empower them with life skills and mind tools which they can use throughout their childhood, teen years, and for the rest of their lives.

### 4. What do children love about Strider Kids Coaching?

Our method speaks the ***children's language through fun and interactive activities***, in ways that they can understand and apply easily to their everyday life.

The topics are carefully curated to make it relevant and interesting to each child's needs - with cool fun facts about how their mind works. Many of our coachees are really excited to teach what they have learned to their parents after the sessions!

*"It was fun and I learned how I can control my big feelings." - Ben J, 7 years old*

*"The session was fun and interesting. I learned a mind trick to help me do better and that I have to believe I CAN DO IT." - Joan C, 10 years old*

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### 5. What do parents love about Strider Kids Coaching?

When parents partner with us, we do the seeds planting, allowing parents to be in a much better position to parent with more peace, joy and connection.

We also provide materials for parents on ***how to sustain and enhance the child's positive changes in the home environment***. The tools are powerful but simple, designed for busy parents in mind.

This structure of working directly with a coach and having parents' support at home is proven to be extremely effective for the child's transformation and growth even after the coaching program is over.

*"My daughter is coming out of her shell... She loves Anna!" - Anne, Mother of 2*

*"Anna is very sincere when it comes to really do her best to help you reach your goals for your child." - Mike, Father of 3*

### 6. What is covered in a typical Strider Kids coaching session?

We work with children 1-on-1 or in very small groups of 2 or 3, depending on their needs and learning styles.

A typical session goes for an hour, when your child will learn ***interesting relevant concepts and tangible tools, through fun activities and visual materials***, to manage different aspects of their current challenges.

When you sign up for our program, your child will receive a toolkit filled with practical tools and materials to help them along the way. Your child can bring their toolkit to each session and we will work through each tool as we progress through the program.

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### 7. Is online coaching as effective?

Coaching online is highly effective. In fact, it has been the norm for the industry in the past few years, allowing coaches to serve global clients.

From our experience, **online coaching is very effective for children** because:

- ★ They feel safer and more comfortable when joining from home
- ★ They find it easier to open up about their personal challenges across the screen
- ★ Their experience can be enhanced with engaging and interesting digital materials in addition to the tangible toolkits (which will be posted out when you sign up for the program)
- ★ More direct and personalized coaching with smaller group size (maximum 3 kids per session, as compared to 8 in a traditional classroom)
- ★ The Coach has immediate access to additional resources to address any additional topics that come up during the coaching process with your child

Online coaching is also more time-saving & convenient for parents - no more commuting or waiting time!

### 8. Do I need to monitor my child during the coaching session?

No, you are not required to monitor your child during the coaching session. In fact, we **recommend parents to leave the room so that the child feels more comfortable to share openly**. Coaching is most effective when children feel safe to communicate honestly.

Often children find it easier to speak about their feelings to a trusted neutral adult than to their parents for various reasons, including wanting to protect their parents' feelings or thinking they would get in trouble for feeling the way they do.

That's why as much as you can teach and nurture your child as a parent, the role of a coach is unique and can't be interchanged with the role of a parent.

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### 9. Can I book a trial session?

Yes, you can book a trial session. During this 1-hour trial session, we'll cover:

- ★ 15 minutes with parents to understand your situation and the goals for your child. This will help us make an initial assessment of your child's current world and areas where he/she may require extra support.
- ★ 35 minutes with your child to assess their world from their perspective and coach them on a resilience concept, with tools they can apply straight away to build confidence in what they do.
- ★ 10 mins feedback session together with the parents.

For further inquiries about the trial session, [click here](#) to book a call with us.

### 10. Can I coach my child?

Life coaching for children is NOT parenting.

In fact, what children learn in our programs, most adults haven't learned or are not equipped with a child-friendly structured method to achieve your desired result, such as ***copying skills, building self-confidence, overcoming unhealthy self-esteem, mental resilience, stress and conflict management, self-leadership, emotional intelligence, and so much more.***

Even with the time investment and the right coaching skills, parents may not be their child's ideal coach, as children often find it easier to speak about their feelings to a trusted neutral adult than their parents for various reasons, including wanting to protect their parents' feelings or thinking they would get in trouble for feeling the way they do.

That's why ***as much as you can teach and nurture your child as a parent, the role of a coach is unique and can't be interchanged with the role of a parent.***

However, we encourage parents to be involved and remain as their main supportive system. Once you sign up for our Strider Kids coaching programs, you will be provided with supporting materials to help your child in their coaching journey.

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### 11. I am concerned about online security.

At Strider Kids Coaching, we take children's safety seriously. We implement add-on security for our online platform such as

- ★ Only confirmed participants will receive the video call link and password
- ★ All participants will be verified one by one before being admitted to the video call
- ★ The call will be "locked" after all participants have joined so that no-one else can join
- ★ Only the Coach is allowed to share screen

Parents can also choose their preferred video conferencing platform, either Zoom or Google Meet.

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If you have any other questions, we are happy to assist!

- Schedule a call or drop us a message at [www.striderkidscoaching.com](http://www.striderkidscoaching.com)
- Email [anna@stridercoaching.com](mailto:anna@stridercoaching.com)

Thank you for your interest and look forward to supporting you and your child towards an inspired life and fulfilling future.

