# **Special Report**

How "life coaching for kids" is transforming the lives of children around the world—

and how you can be a part of it!





Adventures In Wisdom™

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### Welcome!

If you're curious about life coaching for kids then you're in the right place!

At Adventures in Wisdom<sup>™</sup>, our company and our certified WISDOM Coaches have been bringing personal development and life coaching to kids since 2012.

With well over 100 certified coaches in 30+ countries, our WISDOM Coaches are transforming the lives of children around the world.

And we would love for you to join us!



### This Special Report is for you if:

- ✓ You've ever wondered if life coaching for kids really works.
- ✓ You'd like to understand how coaching kids is different than coaching adults.
- ✓ You'd like to learn a secret behind connecting with kids in a way that creates positive change in their lives.
- ✓ You want to hear what coaches, parents, and kids are saying based on real-life experience.
- ✓ You work with kids (or want to work with kids) and are looking for a proven system
  to help bring life coaching to kids!



Turn the page and let's get started...



# Kids are struggling—we must reach them early!

# When Michael was 10 years old, he had the opportunity that every young baseball player dreams of!

It was the bottom of the last inning, the bases were loaded, only one out, and the game was tied.

He had a chance to win the game for his team!



The pitcher threw the first pitch—STRIKE 1. The pitcher threw the second pitch—STRIKE 2. The pitcher threw the third pitch and CRACK—the ball went flying right to the shortstop and the double play was over in a matter of seconds.

There was a huge moan from the crowd and Michael slumped back to the bench mumbling, "I'm such a loser. I quit." Michael was humiliated and he no longer wanted to play baseball.

You have probably seen something like this happen before. It may not have been a baseball game—but some event in life where you, your child, or someone you cared about faced a big disappointment and just *wilted* before your eyes.

When faced with challenges or disappointments, most kids don't have the tools to handle them.



As a result, they often get down on themselves or give up on themselves—developing belief systems that can hold them back for the rest of their lives. This crushes self-esteem and it crushes self-confidence.

Life events can "wound" children and most of the time their parents don't even realize it. They might see a shift in their child's confidence or self-esteem, but they don't know

what happened or what to do about it.

And most of the time kids won't tell because they are too embarrassed. They don't want their parents, the people they love the most, to think less of them. Instead they cry themselves to sleep, often suffering in silence.



And a lot of kids are struggling.

### Did you know that:

- 30% of tweens (children between the ages 10-12) experience headaches and difficulty sleeping as a result of stress.<sup>1</sup>
- 25% of children between ages 13 and 18 experience anxiety disorders.<sup>2</sup>
- 10% of children are actually *diagnosed* with depression before the age of 18.3

And it's not just in the United States...

<sup>&</sup>lt;sup>1</sup> Psychology Today, "Is Your Child Stressed Out? Why You May Not Know." http://www.psychologytoday.com/blog/body-sense/201001/is-your-child-stressed-out-why-you-may-not-know

<sup>&</sup>lt;sup>2</sup> National Institute of Mental Health: <a href="http://www.nimh.nih.gov/statistics/1ANYANX">http://www.nimh.nih.gov/statistics/1ANYANX</a> child.shtml

<sup>&</sup>lt;sup>3</sup> Time Magazine Article, "The Happiness or Pursuit", July 2013 http://content.time.com/time/magazine/article/0,9171,2146449,00.html



The World Health Organization reported that **depression is "the predominant cause of illness and disability"** for children and teens age 10 to 19-years-old, *worldwide*. The statistics are even more staggering when you consider the report found **suicide to be the third leading cause of adolescent deaths** (behind traffic accidents, and HIV/AIDS).<sup>4</sup>

Something is clearly not working when one child in every ten (10%) is clinically depressed by the time they reach adulthood.

And when suicide is the third leading cause of death, worldwide, for children between the ages of 10-19.

Regardless of country, ethnic background, culture, or religion, millions of kids are struggling with how they feel about themselves day-to-day.

We must reach kids at an earlier age to help them develop resilience, self-confidence, and self-leadership skills, so they can handle the ups and downs of growing up.

And life coaches for kids can help!

<sup>&</sup>lt;sup>4</sup> "WHO calls for stronger focus on adolescent health," May 2014 http://www.who.int/mediacentre/news/releases/2014/focus-adolescent-health/en



# Will parents hire a life coach? Won't they think that's their job?

People often confuse "life coaching for kids" and parenting.

Life coaching goes beyond the traditional parenting roles of moral and character development, and it goes beyond learning how to treat others and learning how to behave.

Just like a baseball coach helps kids develop the skills, confidence, and ability to thrive on the baseball field, a WISDOM Coach<sup>TM</sup> helps kids develop the skills, confidence, and ability to thrive in life.

-Renaye Thornborrow CEO, Adventures in Wisdom Inc.

In fact, what kids learn in our program, most adults haven't learned!

When a parent seeks help with their child it doesn't mean that they are an "ineffective parent".

Just as some children require more support for a learning disability or other developmental issues, many children also need greater support in the areas of coping skills, building self-esteem, overcoming shyness, dealing with bullies, and so much more.

Life coaching for kids is about *mindset development* — it targets the root of the thought patterns that hold kids back. Coaching empowers kids with a specific set of skills (and wisdom) that they can use throughout their childhood, teen years, and for the rest of their lives.







# Why parents hire a life coach for their kids

There are a variety of reasons why parents hire a life coach to work with their children.

Some of the most **common reasons** are:

- When they see their kids struggling with low self-esteem—getting down on themselves, beating themselves up, or thinking that no one likes them.
- When their child is going through a big change, such as a move, a new school, or divorcing parents.

- When they want to help their child be more successful in school or extracurricular activities.
- When they see their kids struggling with confidence, shyness, or anxiety shying away from new things or new experiences.
- When they want to give their child a jumpstart in developing self-leadership skills.
- When they see their child making poor choices with peers.
- When there are constant struggles at home around homework, chores, and other responsibilities.



# What exactly is life coaching for kids?

Life coaching for kids is all about empowering kids through *mindset development*. Kids learn how to use the power of their mind and the power of their thoughts to create happiness, confidence, and success in their lives, so that they can take their life, goals, and dreams *wherever they want to go.* 

- Coaching helps kids develop resilience skills. A life coach helps children learn how to manage life's "curveballs" whether it's facing a big change or dealing with a major disappointment. Kids learn how to bounce back and pick themselves up so they can "go for it" in life.
- 2. Coaching helps kids develop self-esteem from the "inside out". This helps kids learn how to base their self-esteem on who they are, not on what they have achieved, who they know, or what they do.
- 3. Coaching helps kids learn to believe in themselves and build self-confidence. A life coach helps kids learn how to move through anxiety and fear so they can stretch outside of their comfort zone, create courage, and go for their dreams with confidence.



- 4. Coaching helps kids develop their own "inner compass". A life coach helps kids learn how to think for themselves and make good decisions, so they can stand up to peer pressure and be their own person.
- 5. Coaching helps kids learn to live life with intention versus drifting through life without direction. By learning self-leadership skills, kids develop an empowered way of thinking that will help them develop a vision for their lives.



## Life coaching versus counseling

Although life coaching and counseling may have similarities, such as asking the important questions, listening, and finding patterns in people's lives, they are *not* the same thing.

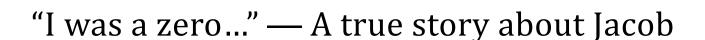
Counseling is designed to help those with more serious issues lead a more normal, productive life...or to get back on track. These types of issues might include anxiety, depression, OCDs, moving past neglect/abuse, or going through a personal crisis at home (such as an illness or divorce).



Life coaching is about helping people reach their fullest potential — helping them get from where they are...to where they want to be. For most people that means building confidence and self-esteem, reaching higher goals, creating more balance and happiness in their lives, and feeling more fulfilled in their lives. It's about creating what they want in their lives.

WISDOM Coaching is about partnering with kids in a thought-provoking and creative process to help kids learn how to use the power of their thoughts and the power of their minds to create happiness, confidence, and success in their lives. And it works!





6-year-old Jacob⁵ was struggling with these very issues. Not knowing how to help her son, Jacob's Mom took him to see WISDOM Coach™, Dianea Phillips.

Dianea shares his story with us...

At school, Jacob was receiving comments and criticism from his teacher that were hurting his self-esteem. When Jacob misbehaved, his teacher told him that he was "bad all the time."

The teacher was unable to see anything that Jacob did right. Even though Jacob knew that he was trying to be "good," the negative messaging got into his head and he started to believe that he was bad.

As a result, Jacob stopped trying. He started acting out in class by leaving his desk and visiting other areas of the classroom as soon as his work was done.

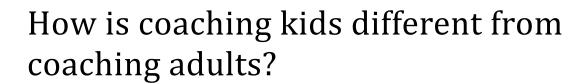
Jacob was given a "zero" on his behavior chart every day for two months before I was contacted....

Things had gotten so bad with Jacob's mindset that when his mother asked him, "How was your day today?" Jacob had begun to respond, "I was a zero again."

Later in the report, we will share more about how Dianea used *mindset skills* to help Jacob turn things around.

Sadly, this situation is just one of hundreds that WISDOM Coaches are hearing from the children they are working with. *And there are so many more kids who need help.* 

<sup>&</sup>lt;sup>5</sup> Jacob's name (and the names of all of the children in our vignettes) has been changed for purpose of anonymity.



We are often asked how coaching kids is different than coaching adults. Coaching kids is definitely different from coaching adults...and the distinction is *brain* development.

Adults have much stronger critical thinking skills because the frontal lobes of their brains, where critical thinking occurs, are fully developed. These critical thinking skills enable them to *make distinctions* and to *draw conclusions* more effectively.

Adults also have greater life experience from which to draw upon. That is why life coaches for adults use *questions* as their main tool for engaging with their clients.

Children's brains are different. Their frontal lobes are not fully developed nor are their critical reasoning skills.



As a result, **coaching kids requires a stronger** *teaching component* to help them learn these powerful mindset skills. With a coach's guidance, kids can then learn how to apply the skills to their own lives.

And of course, children's attention span tends to be a lot shorter as well — which is why it is important to find fun and engaging ways to work with kids.

And that is why stories are such a powerful tool for coaching kids!

# Why using stories is a powerful way to coach kids

Stories are powerful! Stories have been used since the beginning of time, in every country and every culture, to pass along traditions and to teach morals. Stories are powerful learning tools because they make us think...and they make us feel. They imprint a picture in our mind and a feeling in our heart. This creates *an experience* and helps us understand.

Stories have the power to transform, inspire, and to shape how we feel about ourselves and what is possible for our lives.

Stories give us another perspective, and a door into deeper understanding. And they are a powerful way to connect with children!



- Stories stimulate multiple centers of the brain which leads to deeper learning. When reading or hearing facts, only the center of the brain that turns words into meaning is engaged. However, when reading or hearing a story, not only are the intellectual centers of the brain engaged, but the emotional and physiological centers of the brain are engaged as well. This creates an experience, which leads to deeper learning.
- Stories are a great tool for starting important conversations with kids. Stories help children get in touch with thoughts and feelings without putting them on the spot or embarrassing them.

- Stories enable children to "learn without lecture" and allow coaches to "teach
  - Stories enable children to "learn without lecture" and allow coaches to "teach
    without preaching." Through the stories, children get to see the skills in action. That
    opens the door for them to apply the skills to their own situations, under a coach's
    guidance.
  - Stories are a wonderful refresher tool when kids are learning a new skill. As a
    coach, you can reference the characters and the situations from the stories you've
    shared during your coaching.

For example, the story that teaches kids about self-confidence is called, "Canville and Can'tville – A Tale of Two Towns" It is a powerful story that helps kids understand the impact of having an "I can do it" mindset versus an "I can't do it" mindset.



If you've already worked with a child using this story and you see him getting down on himself (thinking he can't do something), you could ask him, "What would this look like if you were living in 'Canville'?"

That question immediately takes him back to the story and remembering how he can approach the situation more powerfully.

And, of course... stories are FUN!

WISDOM Coaches use *stories* to teach mindset skills in a way that kids understand them. In the stories, kids hear about *real-life problems* that they might experience: earning a bad grade, getting in trouble at school, not being invited to a birthday party, being teased by other kids, doing poorly in a sporting event, messing up at a recital, and dealing with peer pressure.



After sharing the story, WISDOM Coaches use the discussion questions and activities from the curriculum to give the kids a more "hands on" experience with the skills, and to help them apply the skills to the situations in their own lives.



"I love my coaching sessions and my life coach. I have learned so many new things and think like a positive, confident little girl.

I love the Wyatt the Wizard stories, they are so interesting. I have also learned that I don't need to follow other people, especially if I feel that what they are doing is wrong.

And to never say I can't do something. I can do everything!"

−7-year-old-girl working with WISDOM Coach<sup>TM</sup> Luvashnee Pillay



## The transformation of Jacob



Let's go back to the story of Jacob and WISDOM Coach™ Dianea.

Dianea started working with Jacob using Adventures in Wisdom's WISDOM System for Coaching Kids™ ...and something happened.

Dianea shares:

By sharing the stories, "Who's Flying Your Plane?" and "Power Goggles" (and using the airplane analogy), I was able to help Jacob understand how *his mind* shaped how he viewed both *himself* and *the situation* with his teacher.



He learned that he could be the "pilot of his thoughts" and that he could *choose* to see himself as the good boy he knew he was.

Jacob was able to move away from feeling like he was a "zero" to understanding that he is never a zero. Zero is a number, and not "him."

His mother, whose heart was broken because she didn't know how to deal with the teacher or the system, was so grateful to see her child shift from a boy who didn't want to go to school anymore to a child who said, "I am a good boy and I can make good choices."

She saw her son's shoulders lift up and his head raised high. **He went to class feeling like a "somebody" rather than a zero.** Her tears were evidence of her gratitude as she realized that her son could actually *choose his actions and his reactions*.

In the classroom, his teacher became more supportive of Jacob as well. She allowed him to lead small groups of students in building LEGO cities during his free time. The principal also offered him a "job," delivering messages to classrooms once a week.

Jacob is so much happier in school, and much more confident than when he first came to me. I'm very proud of how far he's come!



Jacob transformed from feeling like he had no power over the way he was feeling (and feeling like a "zero"), to using his *mind power* and consciously choosing how he wanted to feel about himself,

### "I am a good boy and I can make good choices."

What can be more empowering for a young child than that?

### And Jacob isn't alone...





## Testimonials from around the world!

Jacob and hundreds of other children have been helped by WISDOM Coaches™ using the WISDOM System for Coaching Kids™. Here are just a few of their inspiring stories...

WISDOM Coach™ Luvashnee Pillay shares about two sisters who were struggling with self-confidence:

"Two sisters, ages 5 and 10, came to see me. The 10-year-old was a very bright student; however, she was experiencing difficulty in two of her school subjects and losing confidence.



Her 5-year-old sister was also struggling with confidence and low self-esteem. In class she was very withdrawn and not participating in group discussions.

I started with the MindPower<sup>TM</sup> Segment, moved to the InnerPower<sup>TM</sup> Segment, and then to the MePower<sup>TM</sup> Segment.<sup>6</sup>

I was amazed at how fast the children grasped the concepts. The 5-year-old is now so talkative and raises her hand to answer questions. She has a new level of self-confidence. Her teacher called her Dad to ask him what the child was doing differently because she was seeing a new sense of self-confidence in her and the child was participating in class activities, with ease.

After the 10-year-old was well into the fourth story, she was beaming with enthusiasm. She started performing really well in the two subjects that she had been struggling in. I was thrilled when she brought her report to me and her symbol (grade) moved from a C to a B!"

<sup>&</sup>lt;sup>6</sup> MindPower, InnerPower, MePower, DreamPower, and Slaying Dragons are the five segments of The Adventures in Wisdom Life Coaching Program for Kids Curriculum used by our certified WISDOM Coaches. Each segment contains 5-6 skill books which contain the stories, discussion questions and activities used to help kids develop mindset skills.



Here's what the girls and their mom had to say:

#### 5-Year-Old

"I am enjoying these sessions because it teaches me how to be positive and I know I don't want to be in my 'comfort zone'. I only want to be in my 'dream zone'."

### 10-year-Old

"I think these sessions have made a difference in my daily life and with my school work. It has helped me to face problems that I encountered with my friends and to resolve these problems. I love going to these sessions. I am now able to 'power shift'. I learned how my brain works and how to control my thoughts and actions. Remember that whatever you think of yourself, it's true!" 8

### Their Mom

"My daughters (aged 5 and 10 years) are currently attending the Life Skills Course by Luvashnee Pillay. It is a remarkable program and I have seen a significant, and all around improvement in both my girls despite the difference in their ages. The teacher of my 5-year-old recently commented on her new-found levels of confidence and her increased participation in lessons at school.

This is a program that I believe will benefit our younger generation as it certainly will instill in them, through structured and fun ways, how to deal with the curve balls that life always throws at them. One is never too young to learn these lessons and the skills taught enable our children to become well-rounded individuals, and to make a positive contribution to society."

<sup>&</sup>lt;sup>7</sup> In the MindPower segment kids learn how their mind shapes their world and what they can do to shape their mind. They learn how to recognize the limiting beliefs that create their comfort zone and how to proactively create supportive beliefs that support them in building confidence and making their dreams come true ("dream zone"). Kids learn that their dreams live outside of their comfort zone and to make them happen they need to keep learning and to take action towards their goals.

<sup>&</sup>lt;sup>8</sup> Also in the MindPower segment kids learn how to shift from feeling like a victim to feeling empowered – just by shifting their thinking. Power shifting is a critical skill for helping kids learn how to manage anxiety, bounce back from disappointments, and to take responsibility for their lives.



WISDOM Coach™ Sam Thornton shares about a 10-year-old boy she worked with who was dealing with anxiety:

"Andy was already anxious by nature. The situation became critical after multiple men broke into his family's home (in the middle of the night) and robbed them.

Although no one was physically hurt, the trauma of the robbery, police cars, and commotion afterwards, caused **his anxiety levels to become debilitating.** 



We started with the lessons on 'managing fear' and on 'shifting your thinking' to help him cope with the incident he had witnessed. We talked about how our thoughts can intensify our fear, or they can help calm our fear. Andy learned how to use 'power shifting' to choose thoughts that would help him feel happier and in more control.<sup>9</sup>

We also talked about the 'comfort zone' and how sometimes when we get scared we want to stay in our comfort zone. Andy learned that to grow and to achieve his dreams, he needed to stretch outside of his comfort zone — even if it was scary. He learned that stretching outside of his comfort zone would help him build courage and create confidence.

The power shifting lesson had such an incredible impact on him that he went home and taught his two younger sisters how to use their own 'power goggles'."

### Andy's Mom

"Since spending time with Sam, Andy is managing his anxiety much better. He often 'corrects' himself and uses phrases that he learned during the lessons. We are so thankful for this process and have loved watching him gain victory over an area of his life where he had very little control."

### <sup>7</sup> From skill books:

- 5, "Power Shifting How to Choose Your Power Even When Things Don't Go Your Way
- 24, "Managing Fear How to Create Courage and Bust Outside of Your Comfort Zone



# WISDOM Coach™ Debra Ann Del Sardo runs tween empowerment workshops.

"With the majority of the tweens I have worked with, the issues are: shyness and resistance to opening up and expressing their feelings (and sometimes a bit of attitude ©).

During the workshops we spend most of our time with stories and activities from the MindPower and MePower segments of the curriculum to help the tweens learn about the power of *choosing their thoughts* — especially the thoughts they have about themselves.



In addition to Adventures in Wisdom<sup>TM</sup>, I also play current pop songs to go along with the skills (i.e. Taylor Swift's 'Shake It Off') and I give them touchstones to take home as a reminder of the lesson. We even create mini Wyatt the Wise Wizards!

I have seen the tweens evolve from being shy, closed up, non-participating members — into a community of sharing, expressing, laughing, dancing, insightful, comfortable, empowered beings!"

### One of her Tweens

"I get excited every time I go to my tween empowerment workshop. I like it because I get to talk about my feelings and learn how to not feel hurt. We've learned that we feel the 'grungies' when we have negative thoughts. We also learned that we can change the 'goggles' we wear when we think about things, so we don't feel like a victim. I'm wearing my 'Power Goggles' not my "Victim Goggles'!"

#### The Tween's Mom

"As a parent, sometimes it is very difficult to read or understand what a child is thinking or feeling—especially during the tender tween years when their minds are all over the place and they are trying to 'find their way.'

Deb's tween workshops give kids the tools and a place to help them sort through their feelings, and the situations they are facing in life. **These skills should be taught in school**—**just like reading and math.** My daughter has benefited so much from these workshops and **I encourage every parent to send their child.**"



What if you had a *powerful program* of stories and activities in your hands that supports the development of social and emotional learning and self-leadership in children?

What if you could use stories to coach children on how to use *mindset skills* to handle any of life's challenges—and in a way that truly empowers them?

What if you could transform the lives of children today?

And your own business, too...









# Adventures in Wisdom's WISDOM System for Coaching Kids™

Whether you're already a life coach (or training to become one), an educator, a counselor, or simply a heart-centered adult who wants to help kids, The WISDOM System for Coaching Kids™ is a not only a complete and flexible coaching solution... it's a growing, worldwide and incredibly supportive coaching community that you have the special opportunity to be a part of.

The WISDOM System for Coaching Kids™ gives you a fun, engaging, and easy-to-use system for coaching kids between the ages of 6-12.9

It starts with *The Adventures in Wisdom Life Coaching Program for Kids™* Curriculum, which can be used to teach kids 27 powerful mindset skills for creating happiness, confidence, and success in their lives.



Each of these skill books contain a Mentor's Guide that includes background information and coaching tips for you, and a Children's Guide that includes the story, discussion questions, and activities.

There is a lot of flexibility in how you use our system. You can easily integrate it into your current business — or, you can use your WISDOM Coach™ Certification to start a new business!

<sup>&</sup>lt;sup>9</sup> Although our curriculum is designed for kids between the ages of 6-12, some of our coaches are using our work with younger kids, older kids, and even adults!



### In addition to the curriculum, our WISDOM Coaches also get:

- √ Use of the WISDOM Coach™ Logo and a listing on our website.
- ✓ Access to our private WISDOM Coach™ Facebook group where you can collaborate with and get support from the Adventures in Wisdom™ Team and WISDOM Coaches from around the world.
- ✓ A set of articles to use in your nurture program (such as an eZine, newsletter, or blog) and coaching package templates that can be used to structure your workshops and coaching packages.
- ✓ Access to ongoing training, teleseminars, and to our library of training modules.
- ✓ And more...

Certification can be completed in a "home study" format, so there is no travel required or time zone issues to juggle!

"Thank goodness for Adventures in Wisdom.

This program is so thorough and well-written – it was **what I needed** when I started developing a my after school program.

Because of *The Adventures in Wisdom Life Coaching Program for Kids*<sup>TM</sup> Curriculum, I was able to focus on getting my nonprofit up and running, instead of having to spend a year or more developing a curriculum.



The skill books also give me a fun and engaging way to work with kids. I can't say enough positive things about this program.

I think the certification they have put together is fantastic and I highly recommend it to anyone who wants to mentor or coach kids."

-WISDOM Coach<sup>TM</sup> Peter Gray



### What does WISDOM stand for?

WISDOM is an acronym for the six areas of development that our WISDOM Coaches support kids in learning and integrating into their lives.

### W – Wire your mind for happiness, confidence and success in life!

MindPower™ is the secret behind why some people live a life of their dreams while others seem to struggle — never quite creating the life they imagined, or dreamed of.

With MindPower™, kids learn how their *thoughts* create their experiences, and what they can do to shape their thoughts!

Kids learn how both their conscious mind and their subconscious mind work, and how belief systems are at the core of shaping how they experience their lives. They gain critical knowledge as to *how their mind works* and learn how to build a belief system based on *possibility*.



### I – Identify who you want to be and what you want for your life!

InnerPower™ is all about helping kids develop their "inner compass" so they learn how to think for themselves and to make good decisions. This helps kids learn how to stand up to peer pressure and be their own person.

First, kids learn four core values of self-leaders — self-responsibility, integrity, respect, and self-respect.

Second, they learn how to think for themselves and make good decisions, so they can decide what they want for themselves in key areas of their lives.



And finally, kids learn about five different types of peer pressure and specific technique they can use to say "no" to their peers" and "yes" to themselves.











### **S** – See your "inner superstar" and shine!

MePower™ is all about teaching kids how to develop strong self-esteem and self-confidence from the *inside out* so that their self-esteem and self-confidence doesn't rise and fall with the ups and downs of life.

They learn how to honor their uniqueness and the uniqueness of others, so they can feel good about themselves no matter who they are with or what they accomplish.



They also learn the most important skill for creating powerful self-esteem and self-confidence and how to "coach themselves" throughout their day.

### D – Dream big, live with purpose, and make it happen!

With DreamPower™, kids learn how to create a vision for their lives so they live life with intention, versus drifting through life.

They learn how to use goal setting to turn their vision into Action, and how to use the Law of Attraction tools of Visualization, Affirmations, and Gratitude to "program" their mind for success.



With DreamPower™, kids learn to make their dreams come true — without the fairy.

### OM – Overcoming obstacles and Managing the ups & downs of growing up

Slaying Dragons<sup>™</sup> is all about *building resilience*. Kids learn how to handle the tough stuff such as moving through anxiety, facing fear, and managing change.

They also learn how to manage mistakes, disappointments, and "failure" so they don't get down on themselves or give up on themselves.



With Slaying Dragons™, kids learn how to pick themselves up when things don't go their way, and to continue to go for their dreams!



### Who are our WISDOM Coaches?

Adventures in Wisdom™ has certified over 100 WISDOM Coaches around the world (on 6 continents).

Our coaches come from many different backgrounds and all walks of life — and they're probably a lot like you...



#### **WISDOM Coaches are:**

- Certified life coaches and life coaches who are working on their certification.
- Teachers, former teachers, tutors, and other educational professionals.
- Counselors, school counselors, and therapists.
- Parents who see the WISDOM System<sup>™</sup> working with their own children, and who want to help more kids!
- Youth group leaders, church group leaders, volunteers, and others who are passionate about empowering kids!

In short, a WISDOM Coach™ is a heart-centered person who is passionate about making a positive difference in children's lives!

"Discovering Adventures in Wisdom<sup>TM</sup> and becoming a Certified WISDOM Coach<sup>TM</sup> was one of my highlights for 2014.

The program is fun, engaging, and life transforming for kids. It provides practical skills that impact children's lives — skills that they will grow with and help them become better adults. **A cut above the rest!**"

−WISDOM Coach™ Terry Shiundu



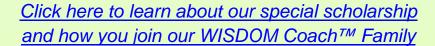
# How can I get started?



There's never been a more urgent time to help children!

Together, we can create a *huge impact* in the lives of children today...

# Get your limited time offer!







Or visit www.Be-A-WISDOM-Coach.Com



"I loved the whole concept behind the Adventures In Wisdom<sup>TM</sup> Program. Not only is sharing stories a great way to make abstract feelings concrete, but also the teaching and concepts are similar to the ones we use with adults....As an adult life coach, I can tell you that this kids' curriculum covers the whole development of the child.

I am honored to have found this program... I love that fact that we have such a supportive group in the Wisdom Coach<sup>TM</sup> Family.

Even though we are spread around the world, the amount of love for what we do, and for all the advice and shared examples, are what makes this an incredible journey."

*−WISDOM Coach™ Sam Thornton* 

"Becoming a WISDOM Coach™ means that you will have the tools and resources to powerfully support young children in ways that will positively affect them for the rest of their lives...

As a coach, you will be inspired to make this business fit you and your own style...

You will be surrounded by a very supportive community of coaches who are committed to learning from each other and sharing ideas."

-WISDOM Coach<sup>TM</sup> Nilay Karatosun

"I was looking for a structured curriculum to help kids and parents discover the magic of life coaching... I did a lot of research and nothing impressed me more than the Adventures in Wisdom.

I thought, Wow! What a fantastic way to reach kids and to help them navigate their lives successfully.

Our WISDOM 'tribe' is a wonderful supportive group. I feel truly blessed and inspired every day to be part of this journey to empower young children to stand in their power. Through my experience with the curriculum, many parents have said that the course has made a positive difference to their home environment.

-WISDOM Coach<sup>TM</sup> Luvashnee Pillay



"The Adventures in Wisdom<sup>TM</sup> program speaks to the heart of life coaches and storytellers. The good news is, you do not have to be a storyteller to be successful. Any coach can share a story and involve eager young listeners in conversation — because all children love stories

Also, you are not left to wade into the waters alone! Support is provided on many levels — from online resources, to social media networking, to attending training calls, even meeting other WISDOM Coaches. Very cool!"

−WISDOM Coach™ Dianea Phillips

## Take a step towards helping kids today!



# **Get your free story!**

Click here to learn about our special scholarship and how you can join our WISDOM Coach<sup>TM</sup> Family

Or visit www.Be-A-WISDOM-Coach.com



## About Adventures in Wisdom™

Hi, I'm Renaye, founder and CEO of Adventures in Wisdom™ and leader of a worldwide movement to empower kids.

When my kids were young, I knew that no matter how much I loved my kids or how much time I spent with them, I couldn't give them self-confidence, self-esteem, or success in life. But what I could do was to teach how to develop it in themselves.



And that's how Adventures in Wisdom<sup>™</sup> came to be. I started writing stories that my children could learn from to develop important life skills that they could use now, and for the rest of their lives. **And that's when the magic happened!** 

My children became more empowered, able to cope with daily life, and bounce back from struggles. I saw just how powerful the changes were in my own family, and I knew I had to bring this experience to as many children, parents, and coaches as possible...

Our mission is to inspire and empower kids to believe in themselves and their dreams, and to provide them with the tools to make that happen.

Through our program, kids learn how to be confident and prepared to handle the ups and downs of growing up, to think for themselves and make good decisions, and **to go for it in life.** 

If empowering kids is your dream, I'd like to invite you to join our WISDOM Coach™ Family!



Renaye ThornborrowFounder and CEO of Adventures in Wisdom



