



LifePlan Coaching Program

A proven, 1:1 early intervention program to help youth in serious and repeat conflict with the law break the cycle of criminal behaviour.

PACT LifePlan Coaching (LPC) is an innovative and results-driven program, designed for youth in serious and repeat conflict with the law, who are motivated to make positive change in their lives.

LPC works with youth who are on probation and are either on the brink of incarceration or nearing release from detention/custody. These youth require an intensive intervention and a consistent and individualized, structured plan to help them help themselves to turn their lives around.

Participation, Acknowledgement, Commitment, Transformation

Coaching is not counselling or therapy – it's a strategic conversational process to facilitate change and self-awareness, taking a client from their current to desired state.

PACT LifePlan Coaching is a co-created partnership that helps youth to discover and prioritize what's important and encourages them to access their inherent strengths and creativity.

LPC allows youth to:

- Address identified needs while setting short and mid-term personal goals
- Learn how to make more informed and positive decisions
- Gain clarity on their strengths and how to use them effectively
- Identify core values and the best ways to honour them
- Improve their performance and enhance their quality of life

Youth are matched with a certified Life Coach who works one-on-one to build capacity, address identified needs and accomplish goals in five key areas:

- Education & Training
- Employment & Career
- Health, Wellness & Shelter
- Personal Development, Recreation & Relationships
- Justice System Contact & Disengagement

Together, the coach and youth build a customized plan of action to reach goals. The coach then holds the youth to their commitments, acknowledges their successes (however small) and keeps them on track.



Referrals come directly from judges, as part of a probation order, but can also come from probation officers, lawyers or related third party agencies.

Potential candidates should be:

- ages 12-19 years old, charged under the Youth Criminal Justice Act
- have been in repeat contact with the law or have a medium to high-risk of reoffending
- on the brink of incarceration or nearing release
- on probation or other judicial order for one year or more
- If applicable, be actively addressing primary concerns such as shelter, mental health or substance abuse issues

Youth most suitable for LPC:

- desire a change in their lives
- can engage and establish a relationship of trust with their coach, show up to meetings and take the small steps required to achieve positive change
- can identify values and strengths
- are in the process of completing school or exploring other educational pursuits; are already working or currently looking for employment; and have an idea of what they may want as an occupation or career
- can identify and articulate a positive vision for their future

**PACT will look at every potential candidate on a case by case basis to determine any restrictive conditions on probation orders that may prevent full participation in the program.*

THE REFERRAL PROCESS

1. Contact the Program Manager for an intake form: LPC@pactprogram.ca or 647-360-8774.
2. An initial assessment meeting and interview will be scheduled with the youth to determine suitability.
3. If accepted, there will be a full intake meeting with the youth, a parent or legal guardian (if under 18), Probation Officer, PACT Program Manager and a selected Coach.

During the meeting, the program and expectations will be discussed in detail and the youth (and parent/guardian if applicable) will sign a consent form.
4. The coach and the youth will start their weekly coaching sessions in a safe location on an agreed day and time.

***Please note:** Acceptance in the program will be based on suitability and willingness to participate. For more information or to discuss a possible referral please contact:*

**Program Manager:
Rachel Schwab 647-360-8774**