



LifePlan Coaching Program

A proven, 1:1 early intervention program to help vulnerable youth realize their potential

PACT LifePlan Coaching (LPC) is an innovative and results-driven program, designed for youth who require additional, one-on-one support and structure to help them succeed and thrive in all areas of their life.

LPC matches select youth with a certified, professional life coach who works with them for one hour each week. This process allows the youth to become more self-aware, feel empowered to make better decisions and take responsibility for their future.

The most successful people in the world, including CEOs, professional athletes and even school principals work with life coaches.

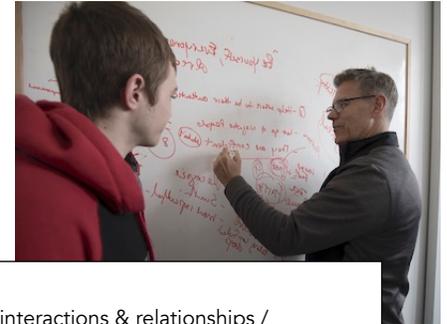
Coaching is not counselling or therapy – it's a strategic conversational process to facilitate change and self-awareness, taking the client (youth) from their current to desired state.

PACT LifePlan Coaching is a co-created partnership that helps youth to discover their strengths and prioritize what's important. It supports them to access their assets, both internal and external, to reach their potential.

Together, the coach and student 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.

LPC allows young people to:

- Build self-esteem and self-worth
- Develop social/emotional awareness and resiliency
- Make more informed, positive decisions
- Increase self-discipline and control
- Identify and honour core values
- Improve performance and enhance their quality of life



Areas of exploration and learning:

Learning & school success / Positive adult & peer interactions & relationships / Personal development & extra curriculars / Community connection & engagement / Future planning: high school, post secondary education/summer jobs, etc.

LPC is a specialized program that requires a significant commitment on the part of the student. Referrals can come from teachers, principals, CYWs, guidance, community support workers and other community agencies.

Potential candidates should be:

- actively enrolled and attending middle or high school
- currently struggling in the school environment
- already or at-risk of falling behind in their academic progress
- displaying a pattern of non-compliance and/or disruptive behaviour that is or could result in an increase in disciplinary action
- stable enough to fully benefit from the support of a life coach

Students most suitable for LPC:

- require more structure and discipline in their lives
- can engage and establish a relationship of trust and respect with their PACT coach, show up to meetings and take the steps required to achieve positive change
- are already or at risk of associations with negative peer groups
- have displayed a pattern of disruptive and/or defiant behaviour that is impacting their ability to learn and move forward
- are open to identifying goals and a positive vision for their current and near future situation, including exploring post-secondary education, and possible occupations

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

THE REFERRAL PROCESS

1. Contact the LPC Program Manager for an intake form: rachel@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 an intake meeting with the youth, a parent or legal guardian (if under 18), the LPC program manager and the coach.
4. The program and expectations will be discussed in detail and the youth (and parent/guardian if applicable) will sign a Consent & Release form and an Agreement to Participate.
5. The PACT coach and the young person will then schedule 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
rachel@pactprogram.ca