

PERSONAL

PROFILE REPORT PREPARED
FOR (YOUR CHILD'S NAME)



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INTRODUCTION



INTRODUCTION

The importance of Life Coaching for our Children

Over the past few years, we went through so many changes in our lives. Technology is often used as the new baby sitter when it comes to our children. We are all so busy with tight schedules, deadlines, and a million of other things.

Ready for a next step?

We live a stress full struggle with our own children trying to control the uncontrollable, trying to put limits on the usage of gadgets as to what is allowed and what is not allowed. Often, I hear parents saying that they do not have the knowledge to control their gadgets since it is hard to adapt also in new technologies, apps, etc. From time to time, strictly on the materialistic level, we offer them some "goodies" as a compensation of our failure to be a good parent. And, in your opinion what is the definition of a good parent? Pause on this one, we will revert back to it. As a result, we have young people drowning up their own dreams...



LIFE SATISFACTION

WE FIRST IDENTIFY WHAT MAKES YOUR CHILD HAPPY



Life Coach
Profile Report

Dear [name],

First of all, let me thank you for your time in completing the online test. The findings are interesting and unique. Consider the fact you are [age] years old, I have to admit that you are very mature. But let us see how your personal profile looks like...


On the Gratitude test you have written that you are genuinely grateful for

1. Your Gratitude Test Replies:

- a. [Redacted]
- b. [Redacted]
- c. [Redacted]
- d. [Redacted]
- e. [Redacted]

As you already know, there have been many studies that have proven that **gratitude** makes us happier and healthier. Like any emotion, **gratitude** can't be forced but we CAN cultivate our thoughts so that **gratitude** is more likely to arise. *Practicing gratitude* helps create a **HABIT** where we focus on the positive in life.

[name],
your sk
"Happin
worm or a
experience
gratitude.



[Redacted]

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WHAT CAN BE IMPROVED

WITH KEY QUESTIONS WE TRY TO IDENTIFY AREAS OF IMPROVEMENT BASED ON HIS/HER REPLIES



CRITICAL QUESTIONS

TO HELP YOU AS A PARENT UNDERSTAND YOUR CHILD'S VALUES



CONCERNS

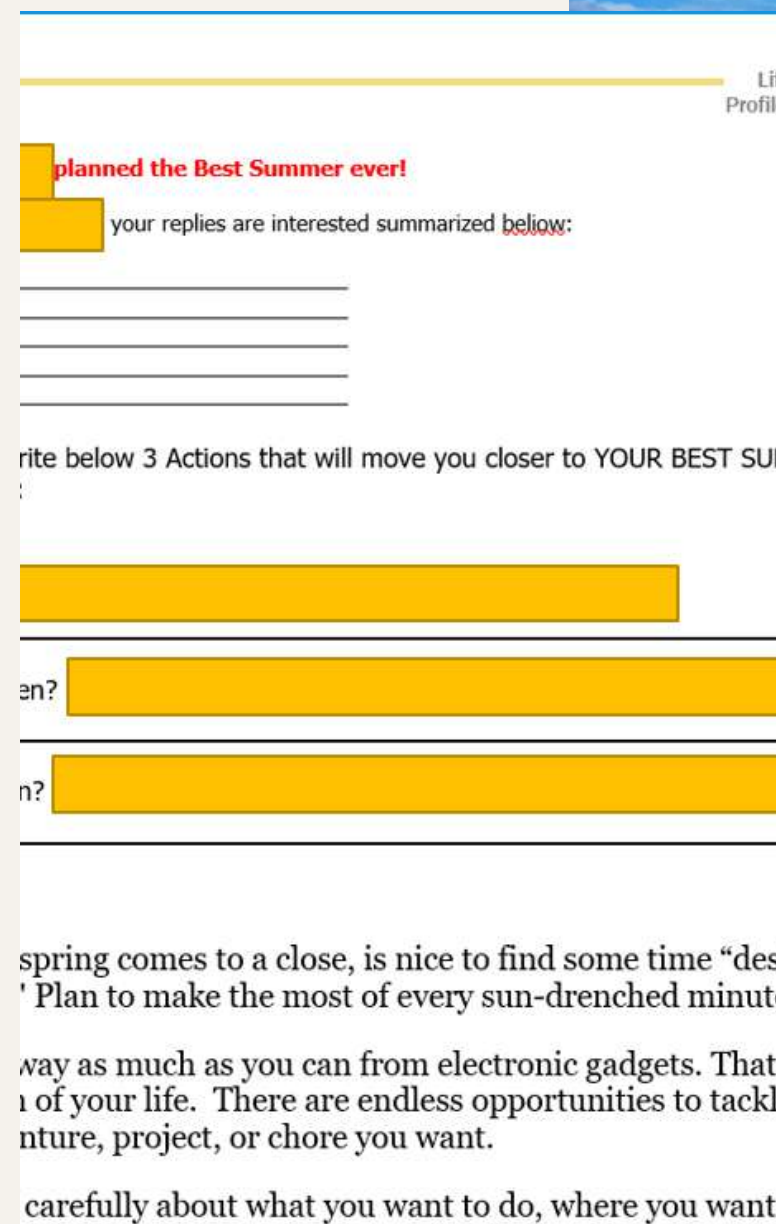
HELP IDENTIFY ANY CONCERNS ABOUT LIFE VALUES OR WHAT ARE LIFE VALUES ...

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PLANNING...

LET US PLAN YOUR BEST
SUMMER EVER...

HELP SETTING AND UNDERSTANDING
GOALS IN THEIR LIVES, WHY ARE THEY
IMPORTANT....



Life
Profile

planned the Best Summer ever!

your replies are interested summarized below:

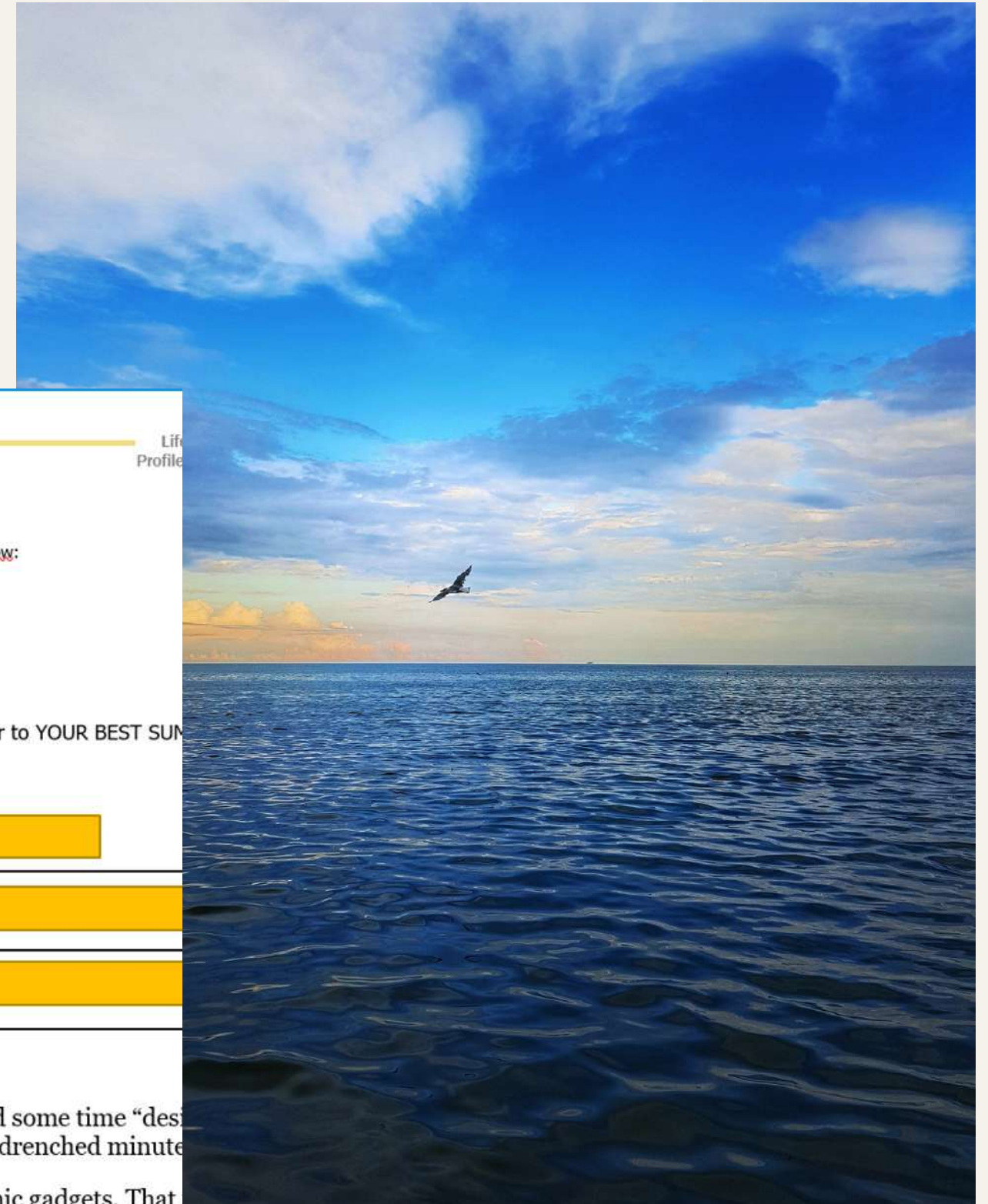
rite below 3 Actions that will move you closer to YOUR BEST SUM

en?

n?

spring comes to a close, is nice to find some time “des
' Plan to make the most of every sun-drenched minute
way as much as you can from electronic gadgets. That
1 of your life. There are endless opportunities to tackle
nture, project, or chore you want.

carefully about what you want to do, where you want



LET THEM DESCRIBE THEIR WINS, THEIR LOSSES



WITH KEY QUESTIONS WE TRY TO
FIND OUT THEIR STRENGTHS

ON WHAT DO THEY OFTEN GET
COMPLIMENTED...

THEY DESCRIBE THEIR UNUSUAL SKILLS AND WHAT THEY LOVE DOING

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GUIDE THEM TO PREPARE THEIR GOALS

Life Coach
Profile Report

2. Your life satisfaction quiz

[Redacted]

a. You rated your life satisfaction level with a /10
b. You rated how much FUN you're having in life with a: /10
c. When asked, how HAPPY you are in your current class at school you replied:
10
d. When asked how stressed you usually feel you replied: /10
e. When asked Deep down, how much you like yourself: /10
f. When asked What is your FAVOURITE thing in life at the moment? (like best)
i. [Area to type 256 characters]
g. When asked what could be IMPROVED in your life at the moment? (like least)
i. [Area to type 256 characters]
h. When you were asked if help is needed, in what area below would you ask for help? You ticked

For More Meaning/Purpose in Life
 For More Fulfilment/Happiness in Life
 For More Ease/Simplicity or Balance in Life
 For More Freedom and/or Inner Peace in Life
 To Change or Move Forwards in my Career
 To Achieve my Goals Faster/More Easily
 To Learn to Trust Myself More/Be My Authentic Self
 Other _____

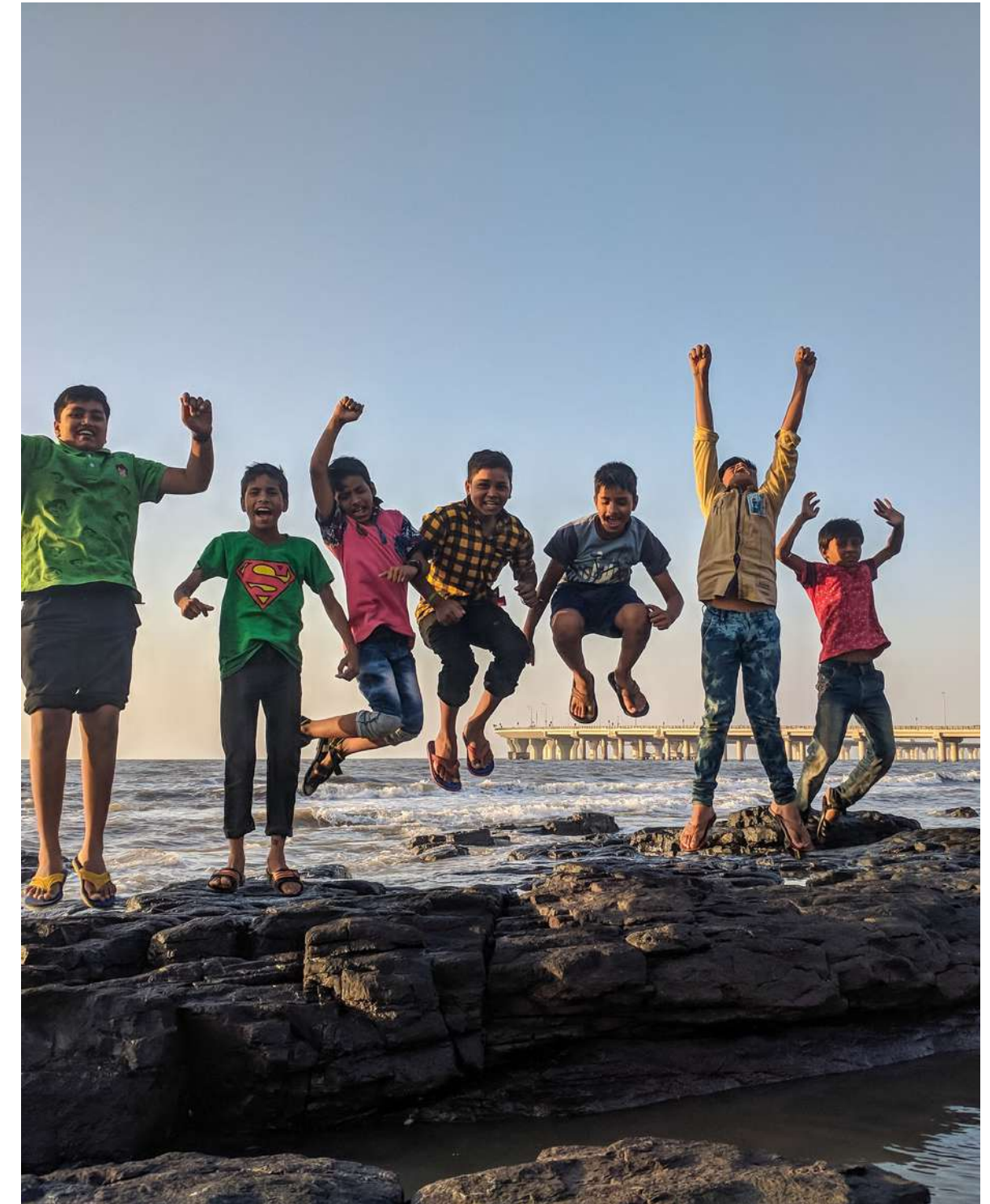
i. When asked if you are ready to take ACTION, and make changes in your environment, habits and life you replied:

[Redacted]


[Redacted]

[Redacted]

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A photograph of a road in a forest. The road is covered with fallen brown and orange leaves. In the distance, a red car is visible on the road. The trees are tall and thin, with green foliage. The scene is captured in a soft, slightly blurred style.

Thank You