

Special Research Report

An evidence based approach to enabling children to flourish



A PUBLICATION OF THE KIDS LIFE STUDIO®
Written by Founder, Zelna Lauwrens
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Author

Zelna Zeal is an independent mental health advocate for children who has been active in promoting the need for intervention that supports resilience building, leadership and peak performance. She has been working with children since 1996 in diverse capacities, including as a teacher, university lecturer, counsellor, kids life coach and founder of The Kids Life Coach Academy and Kids Life Studio®. She is also an Honorary Fellow of the Global Policy Institute of Queen Mary University and has consulted as advisor with the Commonwealth in a large-scale global family Resilience Research project. She has presented a speech in Parliament in England that raised the awareness of Kids Life Coaching and as a consequence, launched the Global Children's Change Makers Conference to bring thought leaders together from around the world to discuss best practices. She is the author of multiple books, including The Secret Parent which shares her own journey through depression and the stories of the children she has coached. All proceeds of the sale of her book go towards her Secret Parent Foundation which she co-founded with her husband to offer support to children who have been abandoned, abused, neglected, traumatised or disadvantaged in any way.

Publisher

The Kids Life Studio® provides a global network of world-class Kids Life Coaches who promote preventative solutions in mental well-being in children. Its core mission is to be a catalyst to help children live up to their full potential. As the global leader in the Kids Life Coaching space, it is making a significant contribution to the development of young people, the well-being of families, and quality of life in our communities.

To join the Kids Life Studio® Movement or for further information:

The Kids Life Studio Global Group Head Office is located in England, United Kingdom

support@kidslifestudio.com

[Kids Life Coaching Support Network](#)

www.kidslifestudio.com

[Parent Support Network](#)

www.kidslifestudio.com





TABLE OF CONTENTS

1	Introduction - Our Future Generation	pg 1 - 6
2	WHAT is Life Coaching for children?	pg 7 - 10
3	WHY do children need Life Coaching?	pg 11 - 13
4	HOW does Life Coaching for children help?	pg 14 - 16
5	WHEN is the right time to offer support?	pg 17 - 19
6	WHERE can children get support?	pg 20 - 23
7	Conclusion - Making it count	pg 24 - 30

**It is our mission at The Kids Life Studio®,
to educate, motivate and inspire children to be the leaders of
their own life so that their choices are made easy.**





1

Introduction

Our Future Generation



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Foreword

Thank you for being a World-Changer

There is a simple idea at the heart of this report, the same idea that lies at the heart of the The Kids Life Studio® children's mental health movement – Life Coaching specifically aimed at children can make a great difference.

Right now, you are no doubt reading this because you have a heart for supporting children. We want to welcome you and say thank you for caring enough about the well-being of children to be giving of your valuable time to expand your knowledge.

The World Health Organisation predicted that by 2020, mental health problems in children would increase by 50%. At [The Kids Life Studio®](http://www.kidslifestudio.com) we have made it our mission to actively work towards being part of the solution.

[The Kids Life Studio®](http://www.kidslifestudio.com), has been coaching children to become the leaders of their own life since 2003. We are fortunate to have a dynamic team of Kids Life Coaches around the world helping us to do this. Together, we are taking steps towards reaching our collective mission of building nurturing and empowering relationships to enable children to flourish.

As a family of passionate "world-changers", our purpose is to give children the tools to create their own legacy no matter what the circumstances are. Changing our world doesn't mean we have to all be doing big things. Changing our world means doing small things consistently.

Changing our world starts with one child at a time because that child could be our next:

Mother Theresa, Martin Luther King, Ghandi, Nelson Mandela, Winston Churchill, William Shakespeare, Florence Nightingale, Albert Einstein, Elvis Presley or Oprah Winfrey.

You see, we don't yet know the extent and reach of our influence, so every child no matter their circumstances, deserves to be uplifted in the same way. They need mentorship, guidance, unconditional love and acceptance to become the leaders of their own life. They need you!

We hope that this Special Report on why Life Coaching for children is viable will pave the way for directing your energy and enthusiasm towards motivating and inspiring children! If we all hold hands together, we can make a difference in children's lives globally!

Why you should be reading this!

This Special Report is for you if....



You want to understand what Kids Life Coaching is all about



You need insight into why Kids Life Coaching works



You want to know more about a proven way to support children



You believe you could benefit from learning coaching skills



You want a behind the scenes look at Kids Life Coaching



You want to hear about a proven system for supporting children that is based on evidence



Amount of adults that were diagnosed with mental health problems in childhood. (Mental health.Org)

Who should be reading this!

This Special Report is for anybody who cares about children....



Parent or family member intent on raising children positively,



Teacher in the classroom interested in more than just academics,



Psychologist, Therapist or Counsellor offering emotional support,



Doctor interested in preventing ill health and associated symptoms,



Social worker offering coping skills to families,



Healer providing inner and outer body, heart & mind work,



Life Skills Trainer interested in well researched toolbox resources,



Au Pair, Nanny or Care-giver wanting to add more sustainable value,



Adult Life Coach passionate about developmentally appropriate coaching,



Researcher looking for a viable alternative to mental health issues,



Kids Life Coach already coaching children and making a difference.

Meet the Founder

Global Mental Health Advocate for children

Hi, I am Zelna, founder of The Kids Life Studio® and Kids Life Coach Academy and inspired contributor to children globally.

Even though I have two degrees and over two decades experience working as a Teacher, Counsellor, University Lecturer and Kids Life Coach, my real learning has come from the children I have had the pleasure of meeting on my journey!

I have had the privilege of coaching and learning from street children, spoilt children of Foreign Diplomats, the mentally & physically challenged, victims of child trafficking, sexually abused girls, Bipolar teens and Sociopathic Pre Schoolers. My personal experiences have taught me that no matter the circumstances, children can be coached to become the leaders of their own life.

Although I have personally reached thousands of children, I realised I was just a drop in the ocean. My sense of urgency to positively impact on more children, gave birth to The Kids Life Studio®. I take great pride in leading a world-class team of certified Kids Life Studio® Coaches who strive towards changing the landscape of children's mental health. Besides my in-house team, I have also trained independent professionals in 27 countries to use my coaching model within their own context and they too, are doing remarkable work.

As a global family, our collective mission is to educate, motivate and inspire children to become the leaders of their own life so that their choices are made easy! We are passionate and wake up everyday knowing that we have a purpose that is bigger than ourselves!

Since you are reading this right now, I know that you share our enthusiasm for supporting children. Thank you for taking action as a children's change maker!

Regards with Zeal,



WE ARE THE FUTURE GENERATION

by Zelna Lauwrens, Kids Life Studio® Founder

We live in a world filled with media and glamour that distorts our self-worth and breaks down our identity...

We live in a world filled with violence, murder, rape and destruction that causes us self-doubt, stress and worry...

We live in a world where life seems to have no value, which makes us fearful and insecure...

We live in a world where drugs are rife and alcohol is the order of the day causing dependency and altered moods and minds...

We live in a world where gadgets and clothing make you 'cool' and where morals, values and integrity make you 'uncool'...

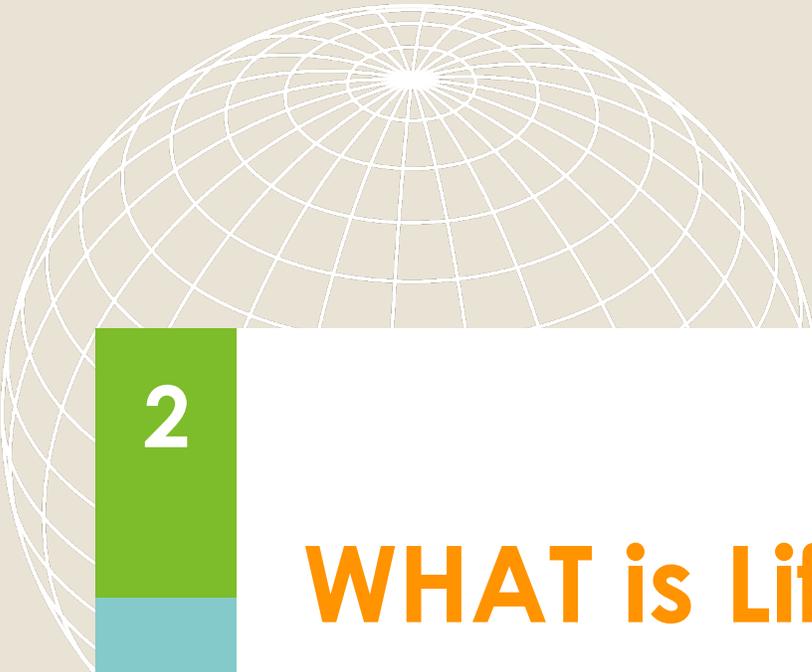
We live in a world where suicide seems like the easy way out only because nobody seems to care...

We live in a world where manners and respect take the back seat whilst swearing and disregard for each other takes preference...

We live in a world where phones are our primary form of communication leading to an upswing in conflict and confrontation...

We live in a world filled with endless changes making us feel like a hamster on a wheel...

We are the future generation...



2

WHAT is Life Coaching for Children?



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Dealing with toxic stress

Supportive adult relationships as a buffer

All children are exposed to toxic environmental influences in varying degrees, which impact on their mental, emotional, social and physical well-being. Although some children are born genetically with a higher stress tolerance, all children are the same when it comes to overcoming stress. They all need a support system in place that reassures them consistently that stress is an important tool that helps them grow and learn and ultimately gives them the power to deal with whatever life throws their way.

According to the Harvard University's Centre for the Developing Child, learning how to cope with adversity is an important part of healthy child development. When we are threatened, our bodies prepare us to respond by increasing our heart rate, blood pressure, and stress hormones, such as cortisol. Severe stress can produce detrimental effects on the developing brain as well as on the chemical and physiological systems that help a child adapt to stressful situations.¹ Coaching children to rethink stress by choosing what they can do about it, can massively affect whether a stressful event has a positive or negative impact.

Positive and productive relationships are also crucial for the development of a child's brain architecture, which lays the foundation for later outcomes such as academic performance, mental health, and interpersonal skills.² When a young child's stress response systems are activated within an environment of supportive adult relationships, these physiological effects are buffered and brought back down to baseline. The result is the development of healthy stress response systems.

There is a growing strong body of research which unsurprisingly suggests that chronic stress, and exposure to stressors, can have a negative impact on mental health. The experience of stressful life events has been found to be associated with depressive symptoms and the onset of major depression, as well as suicide, suicidal thoughts and self-harm.³ If a child doesn't have access to buffering relationships to support them through extreme stress that is long-lasting, the result can be damaged, weakened brain architecture, with lifelong repercussions.

At The Kids Life Studio® we believe that some types of "positive stress" in a child's life can be beneficial, like overcoming the challenge of learning a new skill, which is what our life coaching is all about. It is about equipping children with a toolkit for navigating life and we have seen this work even when a child is faced with severe, uncontrollable, chronic adversity. It is the quality and consistency of the adult relationships that determine whether the outcome is positive or negative.

Psychology versus Life Coaching

How coaching and therapy go hand in hand

Child Psychology is the Scientific Study of children's behaviour and development. ⁴ Many Child Psychologists have extensively studied the many influences that combine and interact to help make children who they are and they use that information to improve parenting, education, child care, and other areas focused on benefiting children. Child Psychology gives us a very solid understanding of how children grow, think and behave and because of this, parents and professionals working with children can be better prepared to help the children in their care.

There is a time and place for the intervention of a Child Psychologist and a Kids Life Coach may often work alongside them in various scenarios particularly when a child has undergone severe trauma. Most Child Psychologists work with individual children to diagnose conditions and provide counselling and therapy to overcome barriers to fulfilment. They may evaluate children for a variety of disorders or developmental delays and they help children overcome abuse, trauma and other experiences that have impacted negatively on their mental and emotional health.

A Kids Life Coach offers more practical and measurable short-term support to everyday children with everyday challenges. Through providing children with a tangible toolkit, they offer hands on solutions to challenges children may be facing before they spiral out of control. A Kids Life Coach focuses on the present moment, without deconstructing the causes behind the current situation.

A Child Psychologist and a Kids Life Coach both have the united goal for the child to become a fully functioning adult, it is just the type of support that varies. A well-trained Kids Life Coach, will understand the importance of supporting a child in collaboration with other therapeutic professionals when needed. It is not within their remit to consider replacing a Child Psychologist, but rather, their role is to act as a "personal growth" incubator for a child who may not yet need therapy or who may be on a waiting list to see a therapist.

In essence, Kids Life Coaching, equips a child by supporting them to solve problems by giving them the skills to move forward in life despite the challenges they are facing. This preventative approach enables children to flourish and grow within a safe adult environment of unconditional support.



Adult versus Child Life Coaching

Why adult coaching models are not applicable to children

There is a common misperception that adult life coaching which involves helping the coachee to focus on and achieve their clearly defined goals, is applicable to children. Nothing could be further from the truth which is why The Kids Life Studio® has developed a unique child-friendly coaching model that is directly related to the needs of the developing brain. ⁴

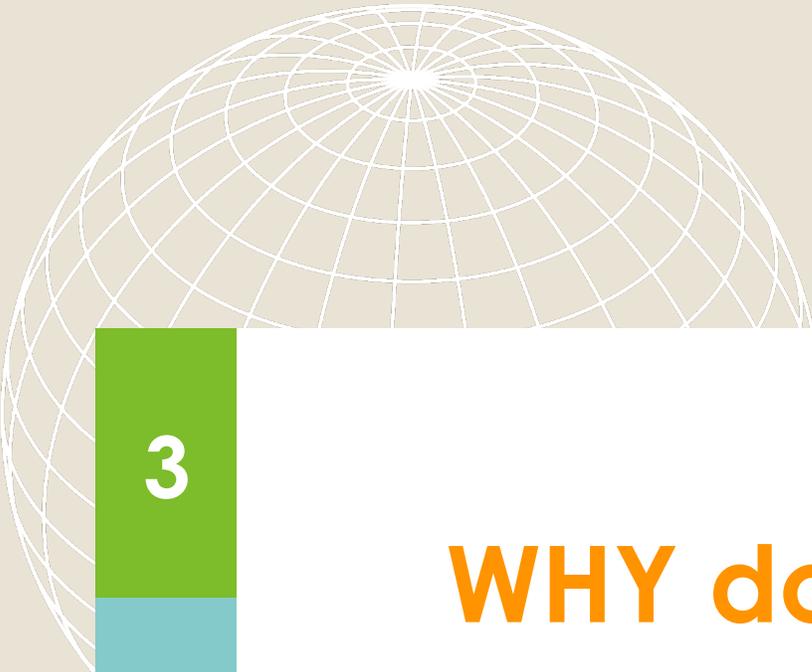
Life coaching for children is about creating new habits related to making healthy lifestyle choices, that not only build a sense of self worth, but improve the overall quality of life. Life Coaching for Children is fundamentally about equipping children with a toolkit for navigating their daily choices. These small incremental choices they make, will have a visible impact on their overall performance and ability.

Success breeds success and when children become active participators in making their own everyday choices, they feel empowered to excel. This not only gives them a sense of responsibility, but it also alleviates the anxiety that they are at the whim of a world that can sometimes be a scary and stressful place. When children feel the benefits of working with a Kids Life Coach, it becomes a powerful motivator for maintaining daily habits and routines that impact positively on their mental well-being.

Our Life Coaching model for children gives them the skills to:

1. *Have a flexible attitude*
2. *Make constructive plans*
3. *Communicate well*
4. *Manage strong feelings*
5. *Be confident*
6. *See the bigger picture*
7. *Take care of themselves*
8. *Be connected to others*
9. *Have empathy*
10. *Take responsibility*
11. *Take action on their dreams*
12. *To think both in and out of the box*





3

WHY do children need Life Coaching?



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Leaders of their own life

Life Coaching maximises children's strengths

Imagine a world where wheelchairs were seen simply as a mode of transport and blind people's dark glasses, guide dogs or white sticks were classified as tools and where being deaf meant that you were just speaking another language like any English foreign tourist visiting a non-English Speaking Country. What if we had a world where having Downs Syndrome was seen as a person giving the world a gift of "Unconditional smiles, hugs, affection and never ever judging anybody." How amazing would it be if the children who are in "Special Needs" Schools were actually seen for how special they really are on the inside and not the outside.

At the Kids Life Studio®, we see an important part of what we do as taking the "DIS" out of the words "Disability, Disapprove and Disempowered" It is our belief that every child can be coached to be the leader of their own life. We have a proven coaching model for working with every child's strengths, rather than trying to fix their perceived "weaknesses".

A toolbox for coping with the daily stress of life, shouldn't only be to build resilience, but rather to encourage a love for lifelong learning. Instilling the notion in children that as much as adults would love to, we can't wrap them up in cotton wool to prevent the world from hurting them. They have to deal with the fact that the world is constantly changing and that it can be a scary place. They need to learn that other children may always seem to be more "normal" than they are when they compare themselves. What every child needs is a Kids Life Coach who gives them the skills to have the inherent ability to coach themselves to make good choices, to embrace their differences, learn from inevitable mistakes, turn challenges into opportunities and most of all to keep their head held up high no matter how hard this may sometimes be.

Coaching children is about getting them to step out of the fictional power that they have associated with their inadequacies and differences and rewriting their story to create an inspired life. This is not limited to age, race, gender, culture, language or demographic or anything else, but rather this is about being united in the core concept that adversity is part of who we are and it is what makes us become better at who we are. The duration, the context, the severity of adversity may differ from child to child, but if we coach them in those times through giving them unconditional support, the leaning curve will be that much more effective. If we can leave children equipped to love and be kind to themselves no matter what, they will shift from being victims to being the leaders of their own life.

Exploring Childhood Challenges

An alphabet soup of problems.

Evidence that childhood is in crisis appears to be everywhere. The assumption is that childhood is not what it used to be and that this signals catastrophe which appears to be saturating our social worlds.⁵ There also seems to be a consistent trend that is perpetuating that involves the need to attach a label to children to describe the “problems” they face. Whilst these can be beneficial to better understand the child’s circumstances, this needs to be coupled with coaching so that children are given the ability to manage their “challenges” with a set of coping skills.

We need to consider the following side effects of our modern lifestyles and know that through coaching every single one of these can be addressed. The aim is to intervene *before* things go wrong!

Electronic Village: *Competitive world, excessive technology, media influences, excessive consumer culture, instant gratification, blurred boundaries between adult & childhood, first-hand experiences, sexualisation, inappropriate music, negative entertainment that reduces creativity, access to age restricted movies/programmes.*

Health: *Stress, anxiety, mental illness, suicide, fears, phobias, smoking, alcohol and drugs, unprotected sex, teenage pregnancy, STD’s, physical, emotional & sexual abuse, self-harm, anger.*

Social: *Bullying, knife crime, gangs, dangerous pastimes, risk-taking behaviour, promiscuity, conflict, peer pressure, reduced relaxation time, poor role models.*

Family: *Lack of values, broken families, divorce, working parents, poor routine & discipline, unrealistic expectations, inconsistency, emotional insecurity, instability, parental stress, parenting styles: over or under protective, paranoid parenting.*

Eating: *Quality of food consumed, malnutrition, fast foods, obesity, eating disorders, allergies, preservatives, colourants, food additives, insufficient “brain” foods, Lack of essential vitamins & minerals, poor water intake, skipping of meals.*

Education: *Special Needs explosion, labelling, behaviour deterioration in the classroom, more academic pressure, developmental delays, sensory processing, ineffective teachers, concentration problems, conduct disorders.*

Whilst we need to be aware of this multitude of influences, we also need to be mindful that too much focus on the problems and trying to “fix” them is counterproductive to preventing them from happening in the first place. This is why life coaching for children is essential, since it provides much needed guidance through the pitfalls and toxic influences of childhood to ensure positive outcomes.



4

HOW does Life Coaching for children help?



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A robust system for prevention

Preventing mental health challenges in childhood

Mental illness is the largest single source of burden of disease globally. No other health condition matches mental illness in the combined extent of prevalence, persistence and breadth of impact.⁶ Mental illness is consistently associated with deprivation, low income, unemployment, poor education, poorer physical health and increased health-risk behaviour.

Despite the impact of mental illness across a broad range of functional, economic and social outcomes, and despite ample evidence that good mental health underlies all health, mental health is not prominent across public health actions and policy.

According to the Royal College of Psychiatrists, public health strategies tend to concentrate on physical health and overlook the importance of both mental illness and mental well-being. They advocate that since the majority of lifetime mental illnesses develop in childhood, prevention can generate greater personal, social and economic benefits than intervention at any other time in the life course.⁷

Since it has been undisputedly proven in multiple research studies, that most lifetime mental illness begins in childhood,⁸ there is therefore a strong case for promoting life coaching for children to generate greater social, emotional, physical and intellectual outcomes through a preventative approach.

Our Kids Life Studio® coaching model that was developed in 2003, is based on the below 6 well researched theories. Despite being scientifically robust, it is simplistic enough for children to easily understand and apply so that they are able to make healthy lifestyle choices that build their confidence and impact positively on relationships. This is based on building their resilience to enable a life that is happy, motivated and inspired despite negative challenges they may be facing.

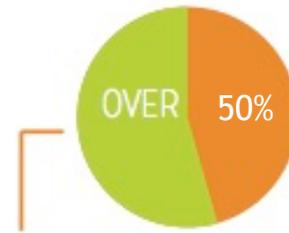


Overcoming obstacles

Risk factors for mental illness in children

Between 2014 and 2019, a survey was done by The Kids Life Studio®, involving 350 participants giving their opinion on what they thought the main reason is for children's problems. According to the feedback, from the participants based in 36 countries, it was found that the popular opinion included (in no particular order):

- Technology & media influences
- Bad parenting & lack of good role models
- Poor nutrition & sedentary lifestyle
- Poverty & lack of access to resources
- Inadequate education
- Lack of good values & peer pressure
- Trauma, neglect & abuse



Amount of adults that were diagnosed with mental health problems in childhood. (Mental health.Org)

These risk factors for mental illness in childhood can be grouped according to problems associated with the child, parental influences and external factors impacting on the household. In line with the impact of parental influences, it has been shown that alcohol, tobacco and drug use during pregnancy increase the chances of a wide range of poor outcomes that include long-term neurological and cognitive–emotional development problems.⁹

Maternal stress during pregnancy is also associated with increased risk of child behavioural problems,⁵ poor parental mental health has shown a four- to five-fold increased risk of emotional and/or conduct disorder.⁶ Child abuse and adverse childhood experiences result in several-fold increased risk of mental illness and substance misuse/dependence later in life.¹⁰ Following any trauma, abuse or disaster, children are considered among the highest risk groups to have emotional reactions and difficulties over their life term.¹¹

Kids Life Coaching, provides the skills to improve coping and resilience in children no matter their stressors. When a child is supported through their challenges they are able to overcome obstacles.



5

WHEN is the right time to offer support?



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Children are dying

A case for preventing self harm and suicide

Since suicide is often one of the most well-known potential consequences of poor mental health,¹² it is surprising that the evidence base on preventative actions to prevent suicide and self-harm is so limited. Self harm is often the gateway for future suicide and it can have long lasting damage for young people. Alongside this, 80% of young people who hurt themselves could be diagnosed with Borderline Personality Disorder and 60% with a mental illness.¹³

Whilst The Kids Life Studio®, takes a strengths based approach, it nonetheless provides an industrious and innovative solution through Kids Life Coaching that empowers children to make better lifestyle choices. Through our [Kids Life Coach Academy](#) School, we provide online training to health and social care professionals, teachers, social workers, adult life coaches and parents using a task shifting model. This is based on the premise that everyone has a responsibility to be engaged in protecting and promoting the mental health of young people as their Secret Parent.¹⁴

Children as young as age ten,¹⁵ self harm for three reasons:

1. For emotional regulation
2. To assist in processing of their pain
3. To meet social demands



There is one suicide attempt every 20 minutes by 10 - 19 year olds (Samaritans report on young people and suicide)



It is predicted that 100 000 children could be hospitalised each year because of self-harm. (Young Minds)

Since self harm is mostly about tension release or to reduce unpleasant feelings and feeling accepted, Kids Life Coaching can offer alternative solution-focused approaches to stimulating the relaxation response. With immense external pressures rising that are out of many children's control, it is essential that we equip them with the life skills for dealing with their stress in a healthy and positive way that is a part of their daily routine. This should not be left to chance and learning the skills for dealing with emotions and processing pain should be addressed before age twelve.

One such skill that we coach children to use at The Kids Life Studio®, is through vagus nerve stimulation which has shown an improvement in symptoms for anxiety disorders, obsessive compulsive disorder, panic disorder and post-traumatic stress disorder.¹⁶ This plays a vital role in sustaining overall wellness because it is an essential part of the parasympathetic nervous system, which is responsible for calming organs after the stressed “fight-or-flight” adrenaline response.¹⁷

A task shifting model

Why every child needs life skills

The most widespread and commonly adopted definition of life skills is from the World Health Organisation (WHO). They define life skills as the “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life”.¹⁸

Social Skills

- Empathy
- Self-awareness
- Communication
- Improved Behaviour
- Positive peer pressure
- Family Relationships
- Collaboration

Emotional Skills

- Dealing with feelings
- Self Esteem
- Conflict Resolution
- Coping with stress
- Self Control
- Resilience
- Courage

Intellectual Skills

- Problem solving
- Decision making
- Critical thinking
- Creative thinking
- Higher achievement
- Goal Setting
- Focus
- Engaged learning
- Time management

Physical Skills

- Lifestyle Choices
- Self Discipline
- Fitness levels
- Sleeping Habits
- Good eating habits
- Coping with illness
- Routine
- Consistency
- Commitment
- Team Sports

Moral Skills

- Self Acceptance
- Motivation
- Optimism
- Leisure Time
- Compassion
- Gratitude
- Courteousness
- Manners
- Contribution
- Connection

Tabular format of the life skills imparted through Kids Life Coaching

The aim of laying a foundation for positive mental well-being is about promoting children’s mental, emotional, social, physical and spiritual health. This is especially effective when the skills are internalised below the age of 12, especially those in precarious and multiply disadvantaged contexts, and within a global context. A task shifting model is necessary in the context of supporting children to not only incorporate the above life skills, but to navigate their daily life challenges. The enormity of the mental health gap has necessitated introduction of innovative methods of care delivery and this is the motivating factor behind training *properly qualified* Kids Life Coaches to fill the enormous gap in health care provision. The value of lay provider programmes such as Kids Life Coaching, in strengthening systems towards universal mental health coverage, has been recognised globally and is proving a viable solution to the extensive demand for support.¹⁹



6

WHERE can children get support?



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The power to retell their story

Children need role models

It happens everyday inside and outside the classroom, where children label themselves as: not fitting in, feeling a failure, being stupid, being different, worthless. These children didn't get to this thought space on their own. Somebody or something has reinforced their perceptions of their inabilities rather than their abilities. They have come to believe this as their truth and this leaves them vulnerable to life's natural ebb and flow of stress that is part of life.

Then we have the children who feel accepted, likeable, confident. They can solve problems and overcome challenges. They are the ones who are optimistic and put a smile on their face even when they have the right to cry. What is it that makes these children able to deal with life positively and evade the feelings of worthlessness that have come to surround other children who have faced challenges and have been unable to surmount them?

Many would sum this up by saying that these children have learnt to thrive because they have the skills for being resilient. So where did these skills come from? Did these children experience adversity first to build their resilience, or did they have the resilience to deal with adversity.

The real answer actually lies in the quality of their relationships. Relationships engage children in the human community in ways that help them define who they are, what they can become, and how and why they are important to other people. Children experience their world as an environment of relationships, and these affect virtually all aspects of their development – intellectual, social, emotional, physical, behavioural, and moral. The quality and stability of a child's human relationships in the early years lay the foundation for a wide range of later developmental outcomes such as self-confidence and motivation to learn, achievement in school and success later in life, the ability to control aggressive impulses and resolve conflicts in non-violent ways, knowing the difference between right and wrong, having the capacity to develop and sustain casual friendships and intimate relationships, and ultimately to be a successful parent one self.²⁰

Stated simply, relationships are the “active ingredients” of the environment's influence on healthy human development. They incorporate the qualities that best promote nurturing, and if a child is fortunate to have a stable relationship with a Kids Life Coach who acts as their unconditional mentor and support system, they will be more inclined to thrive. What *all* children need is a Kids Life Coach that anticipates environmental risk factors that are common to all children but curbs them from happening.

Looking beyond the problems

All bad behaviour is a sign of an unmet need

At The Kids Life Studio®, we understand that all negative side effects in a child's life, is a sign of an unmet need. Our slogan is "Where choices are made easy." and we empower children to become the leaders of their own lives by offering them access to a toolkit which is easy to understand and use.

What makes our work effective is that we set up a tailor-made coaching plan by asking parents or care-givers to do our comprehensive Kids Life Studio® Lifestyle Assessment. This helps us to understand the child's unique factors impacting on their potential. The purpose of this assessment is to provide valuable feedback with the aim being to obtain a good overview of where a child may be encountering success or challenges. Our uniquely formulated assessment tool covers 10 Areas:



Did you know that by doing our online assessment, you contribute financially towards The Secret Parent Foundation, that supports neglected, abandoned, abused, traumatised and disadvantaged children.

[Click here to do a lifestyle assessment](#)

Even if you are not a certified Kids Life Coach, you can use the results of this Lifestyle Assessment as a Parent, Psychologist, Therapist, Teacher or Social Worker. This assessment will help you to understand the child's behaviour in the context of their environmental influences. Our graphical representation acts as a blueprint for creating a plan of action for the child.

Our unique and easy to implement Kids Life Studio® Coaching Model has proven results because our Kids Life Studio® Lifestyle Assessment shows pre and post coaching improvements. Research on this model was presented at the Global Childhood Conference at Oxford University and again at the Division of Child and Educational Psychology Conference hosted by the British Psychological Association.²¹ The response by Psychiatrists, Doctors and Psychologists was that our Coaching model and assessment is so practical and easy to implement that it should be mandatory training.

The Power is in our Hands

Coaching children to be the change in the world

The power is in our hands and to make a positive impact on a child's life... We can coach them to love life irrespective of circumstances and equip them with a toolkit to be happy. Being happy is the key ingredient for life, but yet it has so many different meanings. What makes one person happy, might not be true for another. Children need the skills for being happy based on creating their future selves in alignment with the values of integrity, love and acceptance.

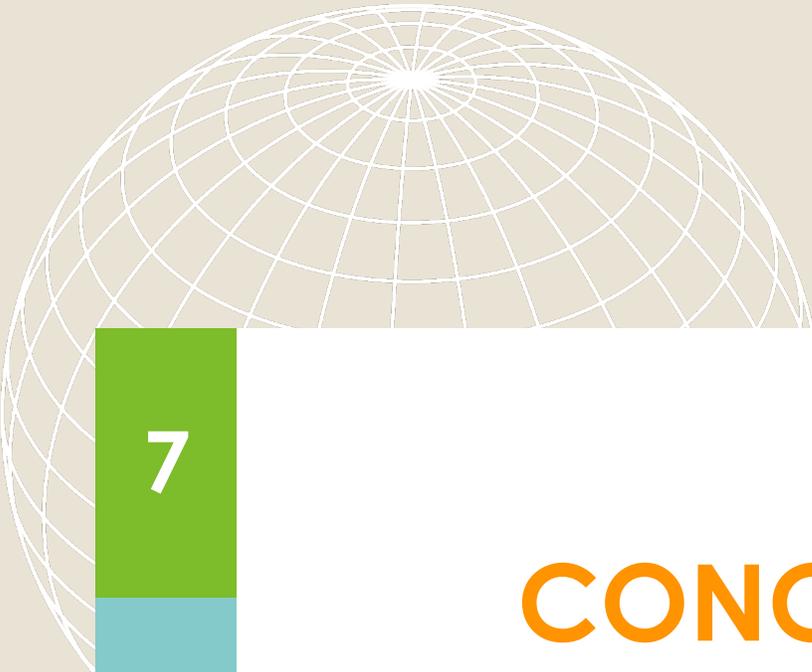
This Indian Proverb illustrates this....

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between 2 'wolves' inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith." The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?" The old Cherokee simply replied, "The one you feed."

Children are clever, resourceful, resilient, kind, unconditional and fun when we equip them to be. At The Kids Life Studio®, we want to see a world, where action takers and children's change makers, "Coach children to live an inspired life". Where we treat all children as leaders, irrespective of race, culture, religion, background, behaviour, demographic, disability or circumstances. A world where we "feed" children to see their own potential and they know how to use that potential for the greater good of mankind. Leaving a legacy is not just the job of adults, it is also possible for children to begin creating their own legacy no matter how young they are.

Ghandi said: "Be the change you want to see in the world." Right now, the power is in our hands... together, we have the ability to instil critical skills for life in children.

To support children means supporting ourself first because an adult who walks the walk and talks the talk will make a greater positive impact on a child than an adult who is sad, lonely and depressed. Living by example is about getting our own life in balance so that we can earn the right to be called a great role model. Sharing our unconditional love is easier when we have that for ourselves first and this will impact positively on children no matter what they are going through.



7

CONCLUSION

Making it count



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Children love to be loved

Coaching children to live an inspired life

Children are inherently amazing! They love playing, they love hugging, they love smiling, they love having fun...they really do know how to love!

It is also their intrinsic basic human need to want a sense of belonging and a place of acceptance. A child with low self esteem struggles to love themselves which in turn can cause all sorts of other problems for them. They may lack the ability to make friends or succeed at school and their life becomes an endless yearning for love. When they don't find it, they may look in all the wrong places and turn to drugs, alcohol, meaningless sexual relationships, self-harm and risk-taking behaviour. Their negative mindset becomes a negative life. This could eventually lead to the "secret whispered out loud" that they would rather take their own life than be an active participant in the world.

So what can we do to enable the label of the child that feels unloved and unworthy? Coach them to love themselves first. At The Kids Life Studio®, we give children a place to just be themselves. They love being coached, because they are never judged, there is no stigma attached and most importantly everything we do is unconditional. Through our coaching, they learn that they are deserving of love but this begins with their own inner belief system and mindset.

Our global team of certified Kids Life Coaches have been trained to steer clear of "fixing" what is wrong, but rather to embrace every child's uniqueness and show them that they have the power to control what they think and feel and through doing that, they can live an inspired life.

Every adult is a natural Kids Life Coach and although we may not always know the answers, the aim of guiding a child is to lead by example. To show them that love is not a feeling, but an action and the more we share it with ourselves and the world, the more the world wants to share it with us. Offering coaching and support is about being steadfast in your own values so that you can be a role model to children.

"For success, attitude is equally as important as ability."

Francis Bacon



Being part of the solution

Enrol in our FREE prevention of self harm and suicide course

The secret ingredient to putting the child back into childhood and preventing suicide and self harm through Kids Life Coaching is all about **one** very important thing. It all starts with you making a decision to be part of the solution. Being a passive bystander and not contributing to supporting children in a proactive way, means that children will continue to be at risk.

One way in which you could take immediate action to supporting children, whether they are your own or other people's children, is to enrol in our FREE online Prevention of Self Harm & Suicide Through Kids Life Coaching Course. In this course, you will find out what that **one** thing is to prevent children from dying and you will feel empowered to give children what it is they need to rebrand their past and to create a promising future.

This FREE Preventing Suicide & Self Harm through Kids Life Coaching, course aims to educate, motivate & inspire you to be part of the solution. It will take a look at the often scary, sombre and "dark" subjects of suicide & self harm and give you a solution-focused perspective that gives hope.

By learning some basic Kids Life Coaching techniques, you can immediately screen, identify and support children who may be at risk. This will equip you to responsibly, ethically and sustainably create an action plan to coach children to be the leaders of their own lives.

You will be given a Blueprint for Preventing Suicide & Self Harm through Kids Life Coaching which will give you a framework for working through this FREE course step by step. This is intended to give you the opportunity to become an active participant and not just a passive bystander. The aim is for you to become part of the solution and to immediately put your blueprint into action as a children's change maker.

Alongside this, you will also be given a multitude of free resources and toolkits as well as bonus materials from expert guests who give a different perspective on this topic. It takes just ONE adult to make a difference and to guide a child to be filled with happiness, motivation and inspiration. Thank you for being part of the solution and choosing to be an action taker and change maker for children!

[Click here to enrol in our FREE prevention of Self Harm & Suicide course](#)

We are a team of world changers

Join us in our mission to inspire children to be leaders

According to the law of physics, it should be impossible for a bee to fly because their tiny wings are not strong enough to lift their large and heavy body, but bees do fly in spite of what human beings think that they should be able to do. A Kids Life Coach can equip a child to overcome their perceived limitations, that have been placed on them. With mind training, anything is possible when it comes to achieving their personal best, children, will always surprise us positively if we let them.

At The Kids Life Studio®, we provide a system for coaching children to achieve these outcomes:

- *Implementing daily routines to eliminate stress and anxiety*
- *Easier social interaction and friendship skills*
- *Improved Academic results*
- *Better listening Skills*
- *Communication enhanced*
- *Reduction in negative self defeating behaviours*
- *Better co-operation and ability to follow instructions*
- *More Confidence and feeling self assured*
- *Taking responsibility for their actions*
- *Being calmer and more focused*
- *Increased Motivation and Happiness*

We are looking for experienced & passionate professionals to join our team. Is this you? [Click here](#)



As a mentor, guide, or coach, you can meet a child’s needs by giving them a toolkit for success based on implementing lifestyle habits that enhance mental well-being. A solid foundation for living a positive life, will help them to actively begin to make healthier choices and be responsible in their own decision making. Success breeds success and Kids Life Coaching supports children in developing a Success Mindset!

We hope that this Special Report on Kids Life Coaching has given you the insight into an evidence based approached for supporting children to flourish. This starts with every child having a stable, mentally well adult who walks the walk and talks the talk in supporting them. Every child deserves a “tour guide” through life and this report gives proof that mental well-being does not happen per chance, but that it takes dedicated input and support. Kids Life Coaching is about finding solutions and focusing on possibilities!

Some resources for you

Click on the links below to add to your toolbox

- [Child Confidence Quiz](#)
- [Lifestyle Assessment for tailor making a Kids Life Coaching plan](#)
- [Discovering your child's inner leader - Parent Support Group](#)
- [Healthy Choices 7-Week Challenge for Families](#)
- [Free Prevention of Suicide & Self Harm through Kids Life Coaching Online Course](#)
- [Introduction to Kids Life Coaching Online Course](#)
- [Launch your own Kids Life Coaching Practice Training](#)
- [Kids Life Coach Academy Online School](#)
- [Kids Life Coaching Support Network](#)
- [National Scientific Council on the Developing Child](#)
- [Diagnostic Manual for Psychiatrists - DSM 5](#)
- [World Health Organization - Mental Health in Children & Adolescents](#)



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