

# Back-to-School Mindset Bootcamp

## Coaching Package Template



## Adventures In Wisdom®



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### Introduction

The transition to a new grade brings challenges and wonderful opportunities for kids including:

- **Adjusting to a new classroom environment** - with different classmates and teachers
- **Navigating friendships** - and meeting new kids who've joined the school
- **Adapting to more challenging coursework and homework** - that come with advancing a grade
- **Embracing and owning their routine again** - after a summer off from school
- **Exploring new extracurricular opportunities** - available as kids get older

To help your child navigate this change and thrive, you can give them the gift of my "Back-to-School Mindset Bootcamp" that will teach your child the mindset skills for:

- Developing strong self-esteem and confidence
- Taking self-responsibility for their routine, school, and chores
- Managing change as an opportunity, even if they're nervous

This Back-to-School Bootcamp is 6 sessions and will help your child return to school with confidence.

*This program is based on a proven coaching model called The WISDOM System for Coaching Kids. What makes this model so powerful is that it uses storytelling, discussion, and experiences to help a child learn, understand and practice powerful mindset skills, so that they can apply the skills in their life.*

### **Summary**

Lesson 1 - How Your Mind Shapes Your World (SB 1)

Lesson 2 - Neural Pathways (SB 3)

Lesson 3 - Self-talk (SB 15)

Lesson 4 - The Power of Self-responsibility (SB 6)

Lesson 5 - I Believe in Me - Canville/Self-confidence (SB 14)

Lesson 6 - Managing Change - How to Embrace Change and Thrive (SB 26)





## About each lesson

### Lesson 1 - How Your Mind Shapes Your World (Skill Book 1)

- How kids feel about themselves is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supportive beliefs, they become empowered to handle the ups and downs of growing up without getting down on themselves. The coaching story, *Who's Flying Your Plane*, helps kids understand how their mind shapes their world and what they can do to shape their mind!
- Homework assignment: Wise in 5 for *How Your Mind Shapes Your World*

### Lesson 2 - Building Neural Pathways - (Skill Book 3) How to Move through Anxiety and Create a Path for Success

- Review key lessons from Lesson 1 - use Wise in Five for Skill Book 1
- Learning how to move through anxiety and fear helps kids learn how to believe in themselves when facing something new. Read the coaching story, *Pathway to Success* to help kids understand that anxiety is a natural response to doing something new because their brain hasn't developed neural pathways about the new experience. Kids also learn three techniques for building neural pathways before doing something new - research, practicing, and visualizing.
- Homework assignment - Choose something to research, practice or visualize in preparation for the new school year.

### Lesson 3 - Self-talk Mastering the Secret behind Self-esteem and Self-confidence (Skill Book 15)

- Review key lessons from Lesson 2 about Neural Pathways (use Wise in Fives)
- Children's thoughts about themselves create the way they experience themselves. Every time they think about themselves – either in the positive or in the negative - neural pathways are created which establish their beliefs about themselves.

People can tell kids that they are great, but if they don't believe it deep down, then it doesn't matter. Help kids understand that what they say to themselves is more important than what anyone else says to them. In this lesson kids learn how to use the power of positive self-talk to create positive beliefs about themselves and to create strong self-esteem. Read the story *Choosing Your BFF (Best Friend Forever)* to help kids understand how to use the power of positive self-talk and become their own BFF.

- Homework Assignment: Create a mirror mantra and practice it every day.



#### Lesson 4 - The Power of Self-responsibility - How to be “The Boss of Me” [Skill Book 6]

- Review key lessons from Lesson 3 about self-talk (use the Wise in Five)
- Kids learn that when they take 100% responsibility for their lives it gives them their ultimate power. They get to choose who they want to be, what they want to think, how they choose to feel, how they choose to act, and what they want to create - it is their choice. The coaching story, *Victim Victor Finds His Power*, helps kids learn to be “the boss of me”. After the story, kids get an opportunity to practice so they can learn how taking responsibility helps them be more powerful in all areas of their lives.
- Homework assignment - Ask your clients to look for ways to be self-responsible. They should be ready to report back at the next session. You may also want to assign a Wise in Five activity as well.

#### Lesson 5 - How to Build Unstoppable Self-confidence [Skill Book 14]

- Review key lessons from Lesson 4 about Self-responsibility (Use the Wise in Five)
- Self-confidence is a skill that can be developed. Read the story *Canville and Cantville a Tale of Two Towns!* and help kids understand the power and the impact of an “I can” belief system.
- Homework: Discuss the power of stretch activities with your clients. Then agree upon two or three activities that they can complete before your next meeting.

#### Lesson 6 - Managing Change - How to Embrace Change and Thrive (Skill Book 26)

- Review key lessons from Lesson 5 on Self-confidence (Use the Wise in Five)
- In this lesson, kids learn how to manage change. They learn that change is a critical part of life and that they cannot create who they want to be by staying where they are. Only by accepting and embracing change can they move forward in their power. The coaching story *Changes in Paradise* reveals different ways that people handle change and teaches kids the three steps for managing change.
- Homework assignment - Discuss three changes that your clients are facing with the upcoming school year. Have them work through the three steps for managing change.