

THE SELF ACADEMY · TEEN COACHING

The 10-Session Teen Coaching Journey

From Self-Awareness to Self-Direction

A structured 10-session journey for teenagers aged 13–19

Facilitated by Ms. Dhanalakshmi

Emotional Intelligence Coach · Psychologist · Counsellor

Here's the road we travel together.

Teenage years are not just about marks, discipline or choosing a career. They are a time of discovering who I am, learning how to handle myself, navigating relationships and deciding what kind of person I want to become.

Our 10-session coaching journey gives teenagers a structured space to explore these questions — and develop the emotional and psychological skills they need for life.

The program integrates principles from **TA (Transactional Analysis)**, **REBT** and **ACT** with emotional intelligence and practical coaching.

01 Who Am I?

*Self-Awareness & Identity · **Key skill:** Seeing yourself clearly*

We begin by understanding the teenager's world. They explore:

- Who am I beyond marks, roles and other people's expectations?
- What do I feel, think and need?
- What influences the way I see myself?
- What are my strengths, values and interests?

OUTCOME *Greater self-awareness and a clearer sense of identity.*

02 Understanding My Emotions

*Emotional Awareness & Regulation · **Key skill:** Naming and regulating feelings*

Instead of seeing emotions as problems to suppress, fight with or eliminate, teens learn to understand what their emotions are communicating. We explore:

- The language of emotions and feelings
- What triggers me
- What happens in my body when I am overwhelmed
- What happens before I react
- How can I create a pause between feeling and responding

OUTCOME *A greater ability to notice emotions without being controlled by them.*

03 The Story in My Head

Thoughts, Beliefs & the Inner Critic · Key skill: Questioning unhelpful thinking

Teens often experience thoughts such as “I am not good enough”, “Everyone will judge me”, “I must get this right”, “My parents should understand me”, “If I fail, I’m a failure.” We learn to examine these thoughts rather than automatically believe them.

OUTCOME *Thoughts become something to examine — not orders to obey.*

04 Me, You & Our Relationships

Communication & Conflict · Key skill: Responding instead of reacting

Relationships often activate different parts of us. Teens learn to recognise:

- What does responding look like?
- Why do some conversations quickly become arguments?
- How can I disappoint people without hurting myself?
- How do I express myself without attacking or shutting down?

OUTCOME *More conscious communication and healthier responses to conflict.*

05 I Matter, You Matter

Self-Worth, Boundaries & Assertiveness · Key skill: Healthy boundaries

Confidence isn't simply believing "I am better." It's being able to say: "I matter. You matter. My needs matter. Your needs matter." Teens explore:

- Approval seeking
- People pleasing
- Peer pressure
- Saying no
- Asking for help
- Expressing needs
- Respecting other people's boundaries

OUTCOME *Stronger self-respect without losing respect for others.*

06 When Life Doesn't Go My Way

Failure, Frustration & Resilience · Key skill: Resilience under disappointment

Life will not always give teenagers what they want — a poor grade, a rejection, a friendship ending, a mistake, a parent's disagreement, a missed opportunity. We explore the difference between "This is difficult" and "I cannot handle this."

OUTCOME *The ability to experience disappointment as a skill — without it turning into a definition of self.*

07 Choices, Responsibility & Freedom

From Reaction to Response · Key skill: Ownership of decisions

Teenagers want independence. But independence also requires responsibility. We explore:

- What is happening?
- What is within my control?
- What choices do I have?
- What are the consequences?
- What kind of person do I want to be in this situation?

OUTCOME

Greater ownership of decisions, behaviours and consequences.

08 What Really Matters to Me?

Values, Direction & Purpose · Key skill: An internal compass

Instead of asking only “What career should I choose?”, we explore “What kind of person do I want to become?” Teens identify:

- Personal values
- What matters to them
- What they want their relationships to look like
- What kind of future they want to create
- The difference between their values and other people's expectations

OUTCOME

A stronger internal compass for decisions about education, relationships, friendships and future direction.

09 From Values to Action

Goals, Habits & Committed Action · Key skill: Turning insight into action

Knowing what matters is only the beginning. Teens learn to turn values into action. We work on:

- Goal setting
- Breaking goals into manageable steps
- Handling procrastination
- Responding to setbacks
- Building supportive habits
- Taking action with commitment

OUTCOME *Moving from “I know what I should do” to “I can choose what I will do next.”*

10 My Next Chapter

Integration, Strengths & Personal Roadmap · Key skill: A personal roadmap for life

The final session brings the journey together. The teen reflects on:

- What have I learned about myself?
- What patterns have I noticed?
- What has changed?
- What still challenges me?
- What matters to me now?
- How do I want to respond differently?

OUTCOME *A personal next-chapter roadmap they can actually live by.*

DESTINATION

My Next Chapter

Clarity · Courage · Emotional Strength · Responsibility · Healthy Relationships · Values · Action

The goal isn't to tell teenagers what to do. It is to help them understand themselves, expand their choices and take ownership of the direction they choose.

YOUR NEXT STEP

Book a Free Discovery Session

A no-pressure conversation with Dhanalakshmi to explore whether coaching is the right fit for your teenager.

→ tsacoaching.com/contact?intent=discovery

The Self Academy · For the relationship you have with yourself, others and life