



life skills coaching for youth

Personalized, interactive sessions to build
lifelong learning and success



Just a decade ago, Breon Michel was a teen trying to find her place in the world. Today, she equips teens with real skills to survive and thrive on their own.

Breon earned a master's degree from the University of Pennsylvania in Applied Positive Psychology, which emphasizes the tools that lead to a productive, fulfilling life. An international workshop leader, speaker and coach, she has addressed educators, parents and youth in cities across the U.S., Australia, England and the Middle East. Her research on teens at their best shows that they gain immense confidence and motivation by building awareness of their strengths, talents and innate interests – a proven approach that also buffers them against life's challenges.

Timing is everything

Just look at the price of not teaching our teenagers essential life skills:

- Only 4 in 10 youth are ready for college, work and life
- Stress is a major factor in teens' lives today. The average age for the onset of depression is 14; half a century ago, it was 30.

Specializing in a positive, realistic approach that motivates youth to:

- Develop confidence and take responsibility for their own actions
- Navigate life transitions with courage, clarity and control
- Discover their purpose and commit to meaningful goals
- Apply healthy problem-solving and decision-making skills
- Handle future challenges and choices with resolve and optimism



breon michel
accelerating positive change

Teens without a strong personal compass may never experience a life of purpose and fulfillment

Our young people deal with frustrations and insecurities, peer pressure and increased academic stress on a daily basis. On top of that, many well-meaning parents are mired in focusing on what's *not* working. Small wonder teens feel confused about what "should" be and what really is.

get unstuck

Trained in the breakthrough science of positive psychology, Breon Michel understands what strategies will have the greatest impact on youth development. Caring and open yet objective, she facilitates teens in forming their own true identity – a powerful key to becoming a confident, successful adult.



Does one of these teens live at your house?

- The under-performer unaware of the power of her potential
- The fun-loving, social teen who lacks motivation and focus
- The popular, pressured perfectionist heading for a burnout
- The shy teen lacking confidence and communication skills
- The contrary child who resists guidance and loving limits

“ Nowhere else has she had the chance to learn these skills. Breon's approach has made Hana feel genuinely better about herself and that makes a world of difference. ”

Beth W., mother of a 15-year-old girl

begin to feel hopeful and
reassured about your child's future!



Call for a free 15-minute
telephone consult

480-241-0929

Ask about our coaching package discounts!
www.breonmichel.com/coachingyouth