

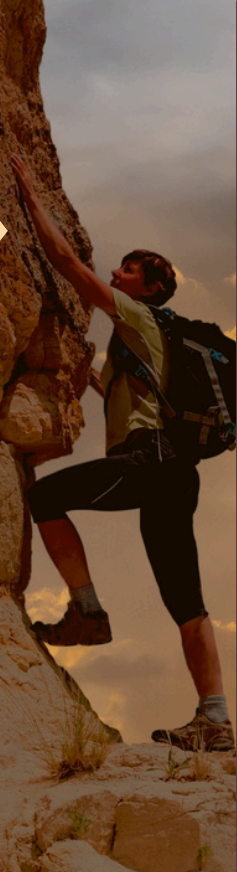
ASPIRE TEEN EMOTIONAL HEALTH GROUP COACHING (TEENS) AGES 13-17  
TEACHING TEENS TO MANAGE THEIR MIND, EMOTIONS, AND CHOICES IN A DIGITAL WORLD.

STARTS JULY 6TH



Nicole Robinson

Certified Emotional Health coach  
25 years in Education  
Wife and Mother of 4 sons



What would change if your teen knew how to coach themselves through stress, friendships, and difficult decisions?

In this 4 week course, 13-17 year olds will explore how to:

- ✔ Process their emotions independently
- ✔ Regulate stress and anxiety
- ✔ Understand how thoughts shape feelings, actions and results
- ✔ Make wise decisions
- ✔ Resolve conflict with others
- ✔ Recognize how phones and social media influence mood, confidence, and perception
- 🧠 Navigate Impulse/Urge Control & Healthy Habits
- 🎯 Set goals toward best future
- 💛 Strengthen relationships and communication

Nearly half of teens report persistent sadness — yet few are taught how to manage emotions. Give your teen tools most adults wish they learned earlier. These online zoom classes are 1.5 hours twice a week for 4 weeks Starting July 6th

Aspire Teen Emotional Health Group Coaching (Teens)  
Ages 13-17

\$219 includes:

- 8 classes (1.5 hrs.) over 4 weeks
- Printable workbook
- Personalized Open Coaching
- Post class -follow up offers

Mondays and Wednesdays  
-July 6, 8, 13, 15, 20, 22, 27, & 29.

8 PM – 9:30 PM

\*Recordings are available for 2 weeks after classes end.



Aspire  
Life Coaching

# EMOTIONAL HEALTH COACHING FOR TEENS AGES 13-17

Aspire Strong Minds Teen Edition

is an online emotional health coaching course created to help teens develop confidence, emotional resilience, healthy communication skills, and practical tools for navigating real-life challenges.

This live Zoom course begins daily at 8 PM and follows an engaging discussion-based format where teens are encouraged to reflect, participate, and apply emotional health tools to their own lives in a supportive environment.

## Each class includes:

- A daily morning practice
- “Five for success” discussions
- Real conversations about emotions, stress, relationships, habits, and personal growth
- 2–3 emotional health tools taught and practiced each day

## Topics Covered

Students will explore tools and discussions related to:

- Emotional regulation
- Anxiety and stress management
- Conflict resolution
- Confidence and self-worth
- Healthy communication
- Strengthening relationships
- Goal setting and creating a strong future vision
- Building healthy habits and impulse control
- Understanding urges and learning healthy coping strategies

Certain topics such as pornography and masturbation may be acknowledged within discussions about unhealthy habits and impulse control; however, these topics will not be explained graphically or discussed in explicit detail. The focus of the course remains emotional health, self-awareness, personal responsibility, and building healthy patterns for life.

## Class Format

- Live online Zoom course
- Approximately 1 hour long
- Additional optional time may be available for coaching practice and discussion
- Students may answer questions, participate in polls, and engage in group learning activities
- During coaching practice, students will not see one another on screen, though they may participate together in guided exercises with the teacher

## Workbook Included

Enrollment includes access to a downloadable 20-page workbook designed to reinforce the lessons and tools taught throughout the course.

Workbooks may be printed after registration and payment are completed.

## Recordings Available

Each session will be recorded for students who are unable to attend live or who wish to review the material later.

## Continuing Student Benefits

Students who enroll in future Aspire Strong Minds courses will receive 15% off their next course registration.