



Coaching in Schools

There are many labels put on children, teenagers and 'social epidemics'. Even though these are real life problems, many pupils are not getting the right guidance and direction to change their behaviour positively. At Parama Lifestyle Coaching, we offer a solution orientated- positive focused transformation.

A child and teenager will face many changes as they grow, as well as emotional and social changes. Additionally, a child/ teenager will face personal challenges which could lead to unwanted behaviour. Coaching within this aspect is for students, parents and educators.



Coaching in Schools covers many areas of one's life. Some including:

concentration

disruptive
behaviour

bullying

depression

anxiety

traumatic
experiences

self-esteem

communicati-
on

listening

unmotivated

management

co-operation

conflicts

time-
management

organisational
skills

peer- pressure

career choice

& MUCH
MORE...



WHATSAPP
+27 81 537 4197
DURBAN NORTH

info@paramalifestyle.co.za
www.paramalifestyle.co.za
@paramalifestyle