

Special Report

COACHING CHILDREN TO BECOME LEADERS OF THEIR OWN LIFE



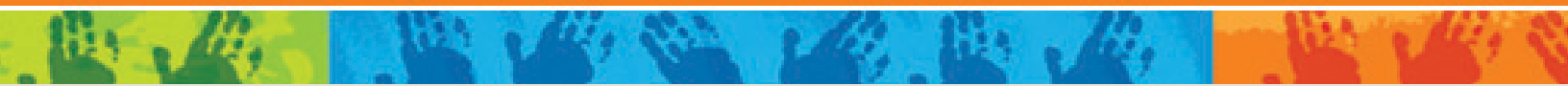
A PUBLICATION OF THE KIDS LIFE STUDIO®

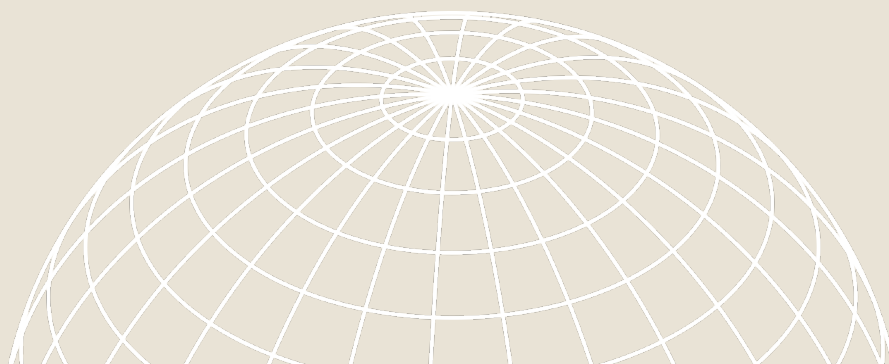
Written by Founder, Zelna Lauwrens

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**DO YOU ENJOY INSPIRING
CHILDREN? WOULD YOU LIKE THE
SKILLS TO COACH CHILDREN?**

Mail us on certifications@kidslifestudio.com

**[CLICK TO APPLY FOR OUR
KIDS LIFE COACH
CERTIFICATION](#)**

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Conclusion - Making it count

**“It is our mission at The Kids Life Studio® to positively influence
& support 10 million children by 2020.”**

Why you should be reading this!

This Special Report is for you if....



You want to understand what Kids Life Coaching is all about.



You need insight into why Kids Life Coaching works.



You want to know how you can support Kids through coaching.



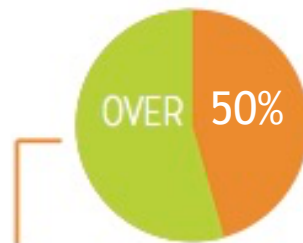
You believe you could benefit from learning Coaching skills.



You want a behind the scenes look at Kids Life Coaching.



You want to hear about a system for Coaching kids that works!



Amount of adults that were diagnosed with mental health problems in childhood. (Mental health.Org)

Who should be reading this!

This Special Report is for anybody who loves kids....



Parent, Aunty, Uncle, Granny or Grandpa intent on raising the kids you love with a positive mindset.



Passionate Teacher in your classroom wanting to give more than just an academic education



Psychologist, Therapist, Doctor or Counsellor offering much needed healing



Social worker offering coping skills to your community.



Alternative Healer providing inner and outer body work



Life Skills Trainer or Motivational Speaker



Au Pair, Nanny or Care-giver



Adult Life Coach passionate about sharing your skills with children



Kids Life Coach working tirelessly making a positive impact on children



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Introduction

Our Future Generation



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WE ARE THE FUTURE GENERATION

by Zelna Lauwrens, Kids Life Studio® Founder

We live in a world filled with media and glamour that distorts our self-worth and breaks down our identity...

We live in a world filled with violence, murder, rape and destruction that causes us self-doubt, stress and worry...

We live in a world where life seems to have no value, which makes us fearful and insecure...

We live in a world where drugs are rife and alcohol is the order of the day causing dependency and altered moods and minds...

We live in a world where gadgets and clothing make you 'cool' and where morals, values and integrity make you 'uncool'...

We live in a world where suicide seems like the easy way out only because nobody seems to care...

We live in a world where manners and respect take the back seat whilst swearing and disregard for each other takes preference...

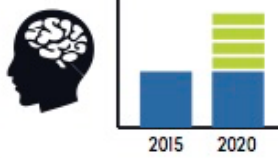
We live in a world where cell phones are our primary form of communication leading to an upswing in conflict and confrontation...

We live in a world filled with endless changes making us feel like a hamster on a wheel...

We are the future generation..."

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It is estimated that mental disorders in children will increase by 50% by 2020.
(World Health Organisation)



Welcome!

Thank you for being a World-Changer

Right now, you are no doubt reading this because you have a heart for supporting children. We want to welcome you and say thank you for caring enough about the well-being of children to be giving of your valuable time to expand your knowledge.

The World Health Organisation predicts that by 2020, mental health problems in children will increase by 50%. At [The Kids Life Studio®](http://www.kidslifestudio.com) we have decided to make it our mission to actively work towards proving that statistic wrong!

[The Kids Life Studio®](http://www.kidslifestudio.com), has been coaching children to become the leaders of their own life since 2005. We are fortunate to have a dynamic team of Kids Life Coaches around the world doing this. Together, we are taking steps towards reaching our collective mission of positively influencing 10 Million Children by 2020!

As a family of passionate "world-changers", our purpose is to give children the tools to create their own legacy no matter what the circumstances are. Changing our world doesn't mean we have to all be doing big things. Changing our world means doing small things consistently.

Changing our world starts with one child at a time because that child could be our next:

Mother Theresa, Martin Luther King, Ghandi, Nelson Mandela, Winston Churchill, William Shakespeare, Florence Nightingale, Albert Einstein, Elvis Presley or Oprah Winfrey.

You see, we don't yet know the extent and reach of our influence, so every child no matter their circumstances, deserves to be uplifted in the same way. They need mentorship, guidance, unconditional love and acceptance to become the leaders of their own life. They need you!

We hope that this Special Report on Coaching Children will pave the way for directing your energy and enthusiasm towards motivating and inspiring children! If we all hold hands together, we can make a difference in children's lives globally! Positive children equals a positive world! Imagine a world of peace and love where sharing of our best selves for the benefit of mankind is the norm! It all starts with our children. So than you again for being a world-changer!

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Meet the Founder

World-Class Kids Life Coach, Zelna Lauwrens

Hi, I am Zelna, founder of [The Kids Life Studio®](#) and [Kids Life Coach Academy](#) and inspired contributor to children globally.

Even though I have two degrees and 20 years experience working as a Teacher, Counsellor and Kids Life Coach, my real learning has come from the children I have had the pleasure of meeting on my journey!

I have had the privilege of coaching Street children, Spoilt kids of Foreign Diplomats, the Mentally & Physically Challenged, Victims of Child Trafficking, Sexually abused girls, Bipolar teens and Sociopathic Pre Schoolers. My personal experiences have taught me that no matter the circumstances, children can be coached to become the leaders of their own life.

Although I have personally reached over 10 000 children, I realised I was just a drop in the ocean. My sense of urgency to positively impact on more children, gave birth to The Kids Life Studio®. We are now well on our way to reaching our collective mission of reaching 10 million children by 2020 through our global network of [Certified Kids Life Studio® Coaches](#) who work shoulder to shoulder with me!

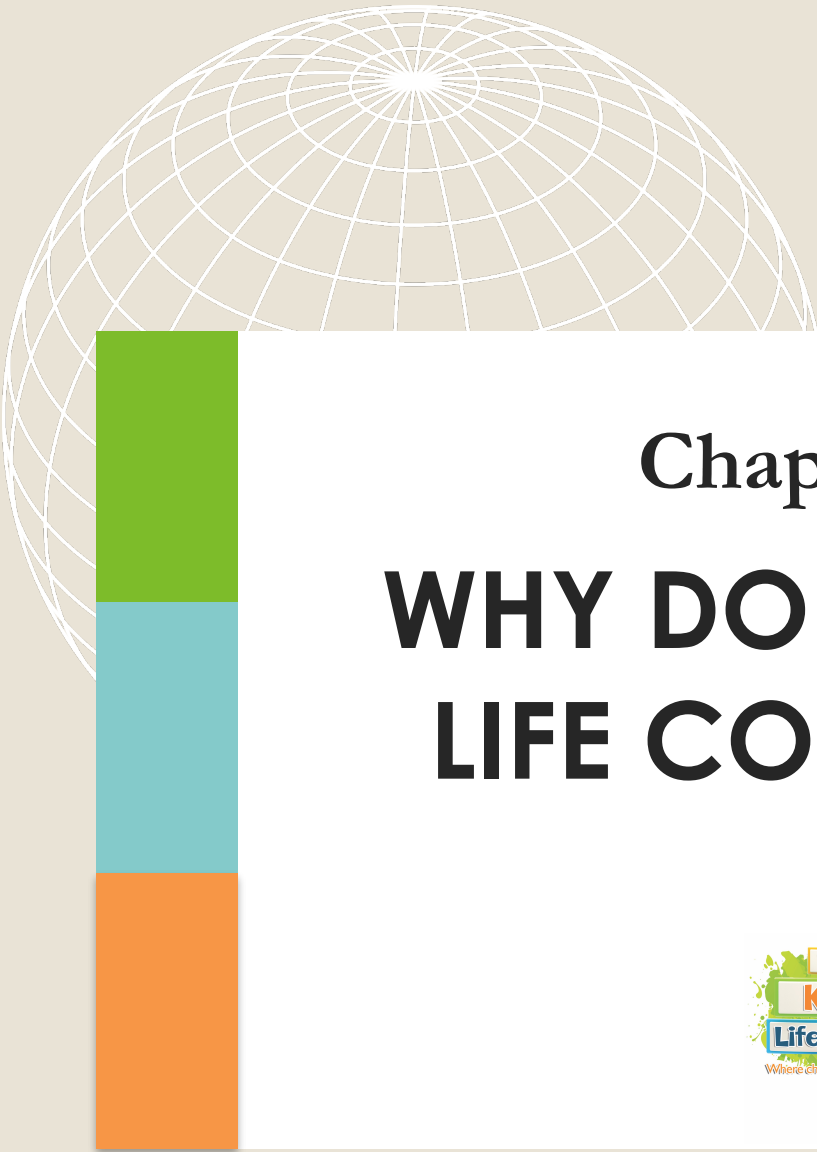
As a team, our collective mission is to educate, motivate and inspire children to become the leaders of their own life so that their choices are made easy! We are passionate and wake up everyday knowing that we have a purpose that is bigger than ourselves!

Mail us on info@kidslifestudio.com if you have any questions about the work that we do. We are here to support you in whatever way we can. I hope you enjoy this insight into Kids Life Coaching and encourage you to go out there and share what you learn!

Regards with Zeal,



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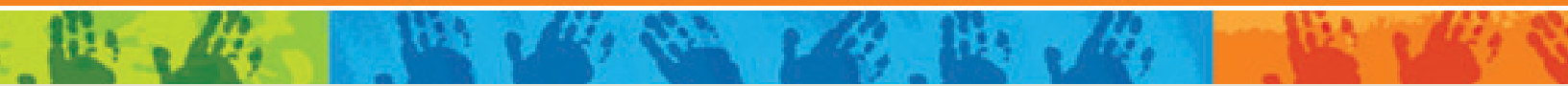
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Chapter One

WHY DO KIDS NEED LIFE COACHING?



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There is one suicide attempt
every 20 minutes by 10 - 19 year
olds (Samaritans report on young
people and suicide)



What is really happening?

Childhood should be a fairytale

Once upon a time ... there were frog princes, ugly sisters, 7 dwarves, children lost in the wood, a boy who grew a long nose, a brave man stealing from the rich to feed the poor, a magic genie, an ugly duckling, a girl wearing a red hood, pigs who feared wolves, Giants saying Fee fi fo fum, a cat wearing boots and a girl having adventures in a wonderland, a Boy who played a flute to lead the mice....

Once upon a time, is now “in our time” It is the 21st century and fairy tales are being replaced by stark realities:

- Will the Frog Prince give you a sexually transmitted disease?
- Are the ugly sisters bullies and narcissists?
- Which street gang do the 7 Dwarves belong to?
- Have Hansel & Gretel fallen victim to child trafficking?
- Is it okay to break the law like Robin Hood and tell lies like Pinocchio?
- Is the media promising to make wishes come true like the Magic Genie?
- Can low self-esteem in the Ugly Duckling be linked to suicide?
- Is Little Red Riding Hood part of a cult?
- What is causing the Anger, negativity, frustration and inflicting harm like the Big Bad Wolf?
- What can we do to cut child abuse down at the knees like Jack cut the Beanstalk?
- Are girls being sexualized and made to wear seductive clothing to enhance their confidence like Puss in boots? Are boys attracted to those girls?
- Are drugs, alcohol and substance abuse creating a surreal world like Alice in Wonderland?
- Is the Pied Piper of our modern world creating a mouse nest of problems?

Once upon a time, children were children and their language of childhood was play. Today, children are children but their language of childhood includes stress, toxic influences and overwhelm. That is why every child deserves and would benefit from having their own Life Coach! At the [Kids Life Studio®](http://www.kidslifestudio.com) we have proven through our measurable results that children can navigate their challenges with confidence when given the tools. If only life was a "fairy tale" and we could live in a world with only love, peace and harmony. ...It could be like that...but you and I both know it isn't...so let's tell the story as it is. Children need coaching more now than ever. They need you!

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About 50% of adolescents between the ages of 12 - 18 feel pressured with regard to sex in relationships
(The Kaiser Foundation)



Exploring Childhood Challenges

An alphabet soup of problems.

Although some children are born genetically with a higher stress tolerance, all children are the same when it comes to overcoming stress. They all need a support system in place that reassures them on a consistent basis that stress is an important tool that helps them grow and learn and ultimately gives them the power to deal with whatever life throws their way. Coaching children to rethink stress by choosing what they can do about it, can massively affect whether a stressful event has a positive or negative impact. Severe stress can produce detrimental effects on the developing brain architecture as well as on the chemical and physiological systems that help a child adapt to stressful situations.

At [The Kids Life Studio®](#) we believe that some types of “positive stress” in a child's life can be beneficial, like overcoming the challenge of learning a new skill, which is what coaching is all about. It is about equipping children with a toolkit for navigating life and we have seen this work even when a child is faced with severe, uncontrollable, chronic adversity.

All children are exposed to toxic environmental influences in varying degrees, which impact on their mental, emotional, social and physical well-being. We need to consider the following side effects of our modern lifestyles and know that through coaching every single one of these can be addressed. The aim is to intervene **before** things go wrong!

Electronic Village: Competitive world, TV, Technology, Media, Consumer Culture, Instant Gratification
Blurred Boundaries: Between Adult & Childhood – First-hand experience, Sexualization, Role Models, Music, Relaxation Time, Entertainment, age restrictions.

Health: Stress, Mental Illness, Suicide, Anxieties, Fears, Phobias, Smoking, Alcohol and drugs, Promiscuity, Unprotected sex, Teenage Pregnancy, STD's, Physical, Emotional & Sexual Abuse, Self-harm, Dangerous pastimes, anger, conflict, risk-taking behaviour.

Family: Lack of values, Broken Families, Working parents, Poor Discipline, Unrealistic Expectations, Inconsistency, Emotional insecurity, Instability, Parental Stress, Parenting Styles.

Eating: Quality of food consumed, Malnutrition, Fast Foods, Obesity, Eating Disorders, Allergies, Preservatives, Colourants, Food additives, Insufficient "brain" foods, Lack of essential Vitamins & Minerals.

Education: Special Needs explosion, Labelling, Behaviour deterioration, Academic Pressure, Subject Choices, Developmental Delays, Sensory Processing, Changing needs, Ineffective Learning, Concentration, Alphabet Disorders, Conduct Disorders

For more information on these childhood challenges visit our [A to Z Resource Directory](#).

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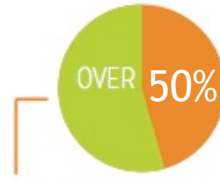
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Chapter Two

WHAT CAN YOU DO TO FAST-TRACK SUPPORTING KIDS



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Amount of adults that were diagnosed with mental health problems in childhood. (Mental health.Org)



Leaders of their own life

Coaching maximises children's strengths.

Imagine a world where wheelchairs were seen simply as a mode of transport and blind people's dark glasses, guide dogs or white sticks were classified as tools and where being deaf meant that you were just speaking another language like any English foreign tourist visiting a non-English Speaking Country. What if we had a world where having Downs Syndrome was seen as a person giving the world a gift of "Unconditional smiles, hugs, affection and never ever judging anybody." How amazing would it be if the children who are in "Special Needs" Schools were actually seen for how special they really are on the inside and not the outside.

At the [Kids Life Studio®](#), we see an important part of what we do as taking the "DIS" out of the words "Disability, Disapprove and Disempowered". It is our belief that every child can be coached to be the leader of their own life. We have a proven coaching model for working with their strengths, rather than trying to fix their perceived "weaknesses". Interested in learning more? Take a peek at our [Kids Life Coach Academy](#) to enrol in one of our courses!

A toolbox for coping with stress, shouldn't only be to build resilience, but rather to encourage a love for lifelong learning. Instilling the notion in children that as much as adults would love to, we can't wrap them up in cotton wool to prevent the world from hurting them. They have to deal with the fact that the world is constantly changing and that it can be a scary place. They need to learn that other children may always seem to be more "normal" than they are when they compare themselves.

What every child needs is a [Kids Life Coach](#) who gives them the skills to have the inherent ability to coach themselves to make good choices, to embrace their differences, learn from inevitable mistakes, turn challenges into opportunities and most of all to keep their head held up high no matter how hard this may sometimes be. That coach is you!

Coaching children is about getting them to step out of the fictional power that they have associated with their inadequacies and differences and rewriting their story to create an inspired life. This is not limited to age, race, gender, culture, language or demographic or anything else, but rather this is about being united in the core concept that adversity is part of who we are and it is what makes us become better at who we are. The duration, the context, the severity of adversity may differ from child to child, but if we coach them in those times through giving them unconditional support, the learning curve will be that much more effective. If we can leave children equipped to love and be kind to themselves no matter what, they will shift from being victims to loving life and the lessons it has to offer.

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one in three hospital admissions for eating disorders involve a child (Institute for Child Health)

The Psychology of Childhood

We need to create a new definition for childhood

The Psychology of Childhood is complex and if we look at the dictionary definition of Psychology it means: "The scientific study of the human mind and its functions, especially those affecting behaviour in a given context."

Now let's look at the definition of Childhood: "The state or period of being a child" At [The Kids Life Studio®](#), logic prevails then that the definition when speaking of "The Psychology of Childhood" should simply mean this: "Educating, Motivating and Inspiring Children to be Happy." Our global network of [Kids Life Coaches](#) all have one thing in common, we believe that every child is an individual and we don't look at the problem, but we rather try to find a solution. It really doesn't matter what the root cause of a child's problem or behaviour is, the skills they need are simple. How to control the way they THINK, ACT & BEHAVE.

Easier said than done right? What *all* children need (not just those with problems) is a Kids Life Coach who is neutral and doesn't judge or pre-determine the outcome. Somebody who is not interested in what has, can or might go wrong. A [Kids Life Coach](#) is really somebody with a "Looking Glass" that anticipates environmental risk factors that are common to all children and helps to put the skills in place to curb them from happening. Why wait until something has gone dramatically wrong before we intervene?

It takes a "village" to raise a child and what many children are currently being exposed to are role models that are influencing them negatively. We are seeing a myriad of celebrities who display deviant behaviour that is rewarded and affirmed in the media with glitz and glamour. Our world is also shrinking through increasing access to technology and more exposure to information not intended for the young developing brain. We are also seeing children suffer in war torn areas, dying from hunger, in orphanages unloved and forgotten, from illness and abuse. This is not what the definition of childhood should be.

Everybody has a natural coach within them and that means you too! You have immeasurable power to be an influencer on a child's life. You can start today in supporting children by creating a new definition for childhood and that means having the foresight to see potential in every child! There is no such thing as a bad child, there is just a child with an unmet need. A [Kids Life Coach](#) helps to meet that need and you can do this by using our [Kids Life Studio® 4 U's](#): This means supporting children **Unconditionally** and **Uplifting** them **Unconventionally** in an **Upbeat** way! Our global team of [certified Kids Life Coaches](#) all have one thing in common....they are passionate about uplifting children! We would love to hear from you if you want to [join our team!](#)

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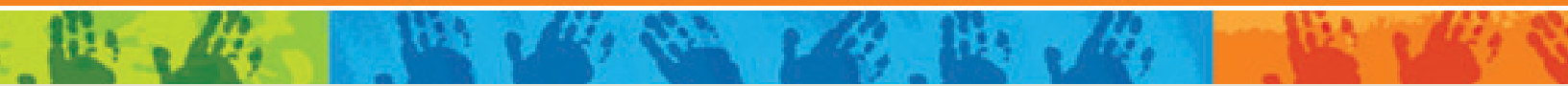
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Chapter Three

WHO NEEDS YOUR SUPPORT THE MOST?



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It is predicted that 100 000
children could be hospitalised
each year because of self-harm.
(Young Minds)

The power to retell their story

Children are leaders not victims

It happens everyday inside and outside the classroom, where children label themselves as: not fitting in, feeling a failure, being stupid, being different, worthless. These children didn't get to this thought space on their own. Somebody or something has reinforced their perceptions of their inabilities rather than their abilities. They have come to believe this as their truth and this leaves them vulnerable to life's natural ebb and flow of stress that is part of life.

Then we have the children who feel accepted, likeable, confident. They can solve problems and overcome challenges. They are the ones who are optimistic and put a smile on their face even when they have the right to cry. What is it that makes these children able to deal with life positively and evade the feelings of worthlessness that have come to surround other children who have faced challenges and have been unable to surmount them?

Many would sum this up by saying that these children have learnt to thrive because they have the skills for being resilient. So where did these skills come from? Did these children experience adversity first to build their resilience, or did they have the resilience to deal with adversity. The truth is that all children no matter their background, culture, religion, demographic, ability or circumstances have exactly the same need. That need is to feel good about themselves. At any given time in life, children will be faced with disappointments and challenges which is a natural part of growing up but the tools for dealing with these can make all the difference.

Sadly, many adults realise too late that they are living a life they have fallen out of love with. Some may work hard through self development, mindfulness or therapy to find what lies dormant within them. Some abandon their passion when they get too "busy", it becomes too hard or they just get out of practice. The move away from their true self usually results in anxiety, stress and depression. Whilst it is never too late to live your dreams, why should we take the risk of sending children down a similar path to so many unhappy adults. Let's equip them during their Golden Age of learning! Pop over to our [Kids Life Coach Academy](#) to enrol in one of our courses if your dream is to work with children or be the best parent or teacher you can possibly be!

So many adults say that if they had the opportunity to have their own [Kids Life Coach](#) when they were younger, life would be so much easier. Why wait until something goes wrong before we intervene? Most of us take out insurance for our homes, cars and our lives for peace of mind in the event that something should go wrong. Kids Life Coaching is like taking out insurance for children! Why wait and have regrets later? [You can be that mentor, role model and supporter](#) for children, whether they are your own or belong to somebody else! Parent, Granny, Aunty, Teacher, Nanny....no matter who you are, you have what it takes to coach children to become leaders!

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one in three hospital admissions for eating disorders involve a child (Institute for Child Health)

Children love to be loved

Coaching children to live an inspired life

Children are amazing! They love playing, they love hugging, they love smiling, they love having fun...they really do know how to love! It is their intrinsic basic human need to want a sense of belonging and a place of acceptance. A child with low self esteem struggles to love themselves which in turn can cause all sorts of other problems for them. They may lack the ability to make friends or succeed at school and their life becomes an endless yearning for love. When they don't find it, they may look in all the wrong places and turn to drugs, alcohol, meaningless sexual relationships, self-harm and risk-taking behaviour. Their negative mindset becomes a negative life.

So what can we do to enable the label of the child that feels unloved and unworthy? Coach them to love themselves first. At [The Kids Life Studio®](#), we give children a place to just be themselves. They love being coached, because they are never judged, there is no stigma attached and most importantly everything we do is unconditional. Through our coaching, they learn that they are deserving of love but this begins with their own inner belief system and mindset. Our global team of Kids Life Coaches have been trained to steer clear of "fixing" what is wrong, but rather to embrace every child's uniqueness and show them that they have the power to control what they think and feel and through doing that, they can live an inspired life.

Every adult is a natural [Kids Life Coach](#) inside them and although we may not always know the answers, the aim of guiding a child is to lead by example. To show them that love is not a feeling, but an action and the more we share it with ourselves and the world, the more the world wants to share it with us. Offering coaching and support is about being steadfast in your own values so that you can be a role model to children.

We are looking for passionate people to join our global network of World-Class Kids Life Coaches.

[Click here](#)

to submit your application.



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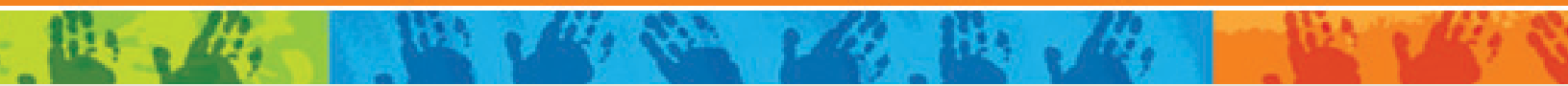


Chapter Four

WHEN IS THE RIGHT TIME TO OFFER SUPPORT?



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Academic worries are the biggest cause of stress for nearly 50 per cent of children. (NSPCC)



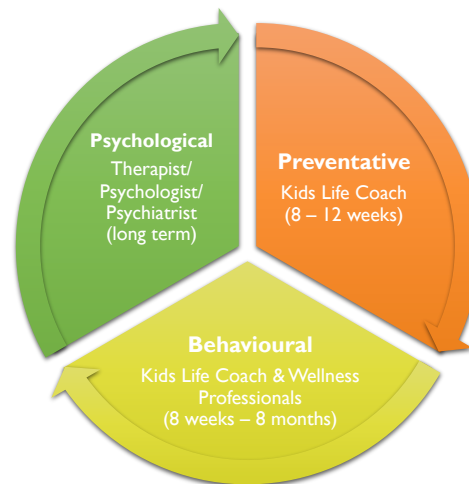
Looking beyond the problems

All bad behaviour is a sign of an unmet need.

At [The Kids Life Studio®](#), we understand that all negative side effects in a child's life is a sign of an unmet need. Our slogan is "Where choices are made easy." and we empower children to become the leaders of their own lives by offering them access to a toolkit which is easy to understand and use.

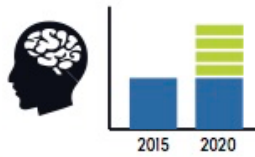
What makes our work effective is that we set up a Tailor-made Coaching Plan by asking parents or care-givers to do our comprehensive [Kids Life Studio® Lifestyle Assessment](#). This helps us to understand the child's unique factors impacting on their potential. The purpose of this assessment is to provide valuable feedback with the aim being to obtain a good overview of where a child may be encountering success or challenges. Our uniquely formulated [Assessment](#) covers 10 Areas:

- Family Dynamics
- Eating Patterns
- Sleeping Patterns
- Physical Well-Being
- Behaviour
- Confidence
- School Environment
- Social skills
- Stress Relating to life
- Toxic environmental influences.



Even if you are not a [certified Kids Life Coach](#), you can use the results of this Lifestyle Assessment as a Parent, Psychologist, Therapist, Teacher or Social Worker. This assessment will help you to understand the child and their behaviour in the context of their environmental influences. Our graphical representation acts as a blueprint for creating a plan of action for the child. This [Kids Life Studio® Lifestyle Assessment](#) is the gateway for you to respect every child as unique and look beyond the problems that lay on the surface. Our unique and easy to implement Kids Life Studio® Coaching Model has proven results because our [Kids Life Studio® Lifestyle Assessment](#) shows pre and post coaching improvements. Research on this model was presented at the Global Childhood Conference at Oxford University and again at the Division of Child and Educational Psychology Conference hosted by the British Psychological Association. The response by Psychiatrists, Doctors and Psychologists was that our model is so practical and easy to implement that it should be mandatory at University!

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It is estimated that mental disorders
children will increase by 50% by 2020
(World Health Organisation)



The Power is in your Hands

Coaching children to be the change in the world

The power is in your hands and to make a positive impact on a child's life, there is simply one thing that you can do for them...Coach them to love life irrespective of circumstances. Equip them with a toolkit to be happy. Being happy is the key ingredient for life, but yet it has so many different meanings. What makes one person happy, might not be true for you. We need to teach children the skills for being happy based on creating their future selves in alignment with the values of integrity, love and acceptance.


No matter the spectrum, all children have the same modern world dilemma. This Indian Proverb illustrates this.... "One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between 2 "wolves" inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith." The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?" The old Cherokee simply replied, "The one you feed."

At The [Kids Life Studio®](http://www.kidslifestudio.com), we want to see a world, where people like us "Coach children to live an inspired life". Where we treat all children as leaders, irrespective of race, culture, religion, background, behaviour, demographic, disability or circumstances. A world where we "feed" children to see their own potential and they know how to use that potential for the greater good of mankind. Leaving a legacy is not just the job of adults, it is also possible for children to begin creating their legacy no matter how young they are.

Children are clever, resourceful, resilient, kind, unconditional and fun when we equip them to be. Ghandi said: "Be the change you want to see in the world." Right now, the power is in your hands...you have the ability to instill critical skills for life in children. Why not "Be the happiness you want to see in children." Share your love and exude your passion and you will impact positively on children no matter what they are going through. Children are needing Unconditional, Unconventional, Upbeat, Upliftment and the right time to give this to them is ALL the time... because if you don't, the media or peer pressure will.

To support children means supporting yourself first because an adult who walks the walk and talks the talk will make a greater positive impact on a child than an adult who is sad, lonely and depressed. We encourage you to tap into your own inner child so that you can coach kids to success. Live by example by getting your own life in balance so that you can be a great role model.

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Chapter Five

WHERE CAN WE HELP YOU?



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We are a team of world changers

Join us in our mission to reach 10 Million Children by 2020!

According to the law of physics, it should be impossible for a bee to fly because their tiny wings are not strong enough to lift their large and heavy body, but bees do fly in spite of what human beings think that they should be able to do. A [Kids Life Coach](#) can equip a child to overcome their perceived limitations, that have been placed on them. With mind training, anything is possible when it comes to achieving their personal best, children will always surprise us positively if we let them.

At [The Kids Life Studio®](#), we provide a system for coaching children to achieve these outcomes:

- Implementing daily routines to eliminate stress and anxiety
- Easier social interaction and friendship skills
- Improved Academic results
- Better listening Skills
- Communication improves
- Reduction in negative self defeating behaviours
- Better co-operation and ability to follow instructions
- More Confidence and feeling self assured
- Taking responsibility for their actions
- Being calmer and more focused
- Increased Motivation and Happiness

We hope that this Special Report on Kids Life Coaching has given you the insight into the importance of every child having a stable adult to support them. Coaching is about finding solutions and focusing on possibilities and we encourage you to put this into action in whatever context you find yourself in!

As a mentor, guide, or coach, you can meet a child's needs by giving them a toolkit for success based on implementing lifestyle habits that enhance mental well-being. A solid foundation for living a positive life, will help them to actively begin to make healthier choices and be responsible in their own decision making. Success breeds success and Kids Life Coaching supports children in developing a Success Mindset!

Visit our [Kids Life Coach Academy](#), where you will find a variety of courses that will give you the skills and tools you to educate, motivate and inspire children to become the leaders of their own lives!



www.kidslifestudio.com

What makes us unique

Enrol in an online course at our Kids Life Coach Academy

The [Kids Life Studio®](#) offers a system that is based on a foundation of extensive research into the below 6 Theories. Enrol in our [Theory of Kids Life Coaching Course](#) to learn more.



The [Kids Life Studio®](#) uses a proven Coaching Model based on the below formula, that is easy for children below the age of 13, to understand, use and apply. [Fill in an application](#) to join our team as a certified Kids Life Studio® Coach.



We offer our unique [online assessment](#) which focuses on the below 10 areas. This along with our proven coaching model, is a recipe to facilitate Kids Life Coaching. Learn to use this assessment to design a tailor-made coaching programme by becoming a [Certified Kids Life Studio® Coach](#).



Our Kids Life Studio® Venue offers coaching in a non-invasive environment where there is no stigma attached. Children learn through play which is the language of childhood and they love visiting our vibrant and relaxing venue. Become an [Affiliate of The Kids Life Studio®](#) and open your own coaching venue!



A white wireframe dome is positioned in the upper left corner. To its right is a vertical bar with three colored segments: green at the top, teal in the middle, and orange at the bottom.

Conclusion

MAKING IT COUNT



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We would love to hear from you

Thank you for joining [The Kids Life Studio®](#) on a journey behind the scenes of what childhood should really mean! We believe in the potential of every child and no matter the scenario, every child deserves to be nurtured as a leader. Let's guide each child to live their own "fairy tale" life that they deserve. Go out there and share your energy, motivation and inspiration with one child at a time! If each of us impacts on just one child's life, collectively, we can create a tidal wave of positive change! [The Kids Life Studio®](#) wants children to love life and live life, despite the negative influences that may threaten their happiness and we know that with your help, this can be done!

If you are interested in learning more practical tools for coaching children, we invite you to visit our [Kids Life Coach Academy](#). We are the global leader in quality online [Kids Life Coach Training](#) that is affordable and accessible. We launched our online self paced training in response to the problems children are facing all over the world. Since the World Health Organization predicts that by 2020, mental health problems in children will increase by 50% we have decided to make it our mission to actively work towards proving this statistic wrong!

We give our students the opportunity to study online from anywhere in the world in their own time and at their own pace. All that is needed is an internet connection, time and commitment! All of our online courses are based on supporting children to become the leaders of their own lives and we are constantly expanding our range of programmes on offer in response to needs identified. We believe in keeping our course work practical and experiential because we want our students to easily implement the tools and techniques we share with them. This way, we know that we can make a positive impact on children!

Our [Kids Life Coach Academy](#) signature offering is our [Kids Life Coach Certification](#) that is accredited by [The Kids Life Studio®](#). Founded by Zelna Lauwrens in 2005, it has a global network of World-Class Kids Life Coaches who are making a positive impact on children from all demographics, backgrounds and circumstances. If you would like to be part of [The Kids Life Studio®](#) network, you can [click here](#) to complete a Statement of Interest form as part of the screening process.

Please mail us on info@kidslifestudio.com if you have any questions or visit our [Kids Life Coach Academy](#) where you will also find a variety of courses to suit your needs. Thank you again for your time and commitment to children! We look forward to hearing from you!

www.kidslifestudio.com

Some resources for you

Educate yourself to equip kids

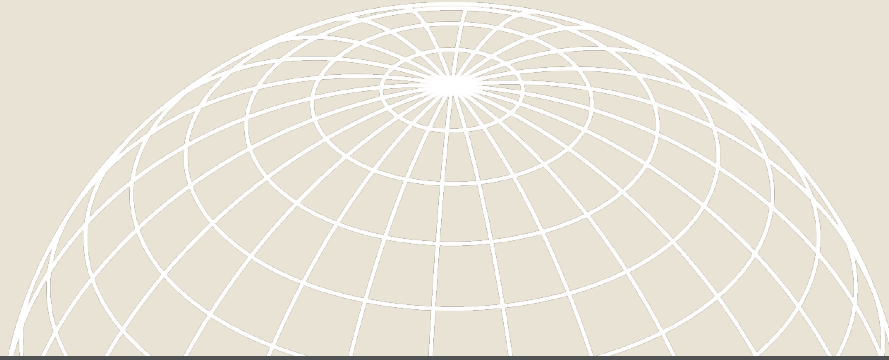
CLICK ON THE WEBSITE LINKS BELOW

- What is Psychology?
- American Association of Pediatrics - Self Esteem in Children
- National Scientific Council on the Developing Child
- Rosenhan Experiment
- Diagnostic Manual for Psychiatrists - DSM 5
- Statistics & Facts about Mental Health in Children
- World Health Organization - Mental Health in Children & Adolescents
- The Science of Smiling
- Stress & the Brain
- The Science of Happiness

Apply now to become a Certified Kids Life Studio® Coach.

[Click here](#) to fill in your Statement of Interest.





WOULD YOU LIKE TO BECOME A CERTIFIED KIDS LIFE COACH?

Any questions? Mail us on certifications@kidslifestudio.com

[CLICK TO COMPLETE
A STATEMENT OF
INTEREST](#)

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