



Coaching sessions
are now being
scheduled for ages 8-18
years.



Coaching with Debi..... (Coach & Mentor)

I have expanded my coaching practice to include Tweens (8-12 years) and Adolescents (13-18 years) based on my extensive teaching experience with these 2 age groups. Young people today face so many challenges in their day to day lives. I come with empathy, patience and perspective to guide them with the issues they are experiencing in today's world. Coaching offers this group the time and space to connect their inner and outer worlds and to understand their place within it. Our goal should always be to raise empowered, independent young people.

Often, young children are more comfortable sharing their experiences with someone outside of their home, outside of their circle. They respond well to interesting role models who are not their parents. Please understand that coaching is not counselling. Counselling is about the past – coaching is what steps can we take today that will positively impact our future.

(Therapy is the right intervention for addressing trauma and mental health concerns).

**For this age group, prior to coaching, I will offer a 30-minute intro call with the parent(s) to determine if coaching is a suitable intervention for your child's needs.*

Some areas that Coaching can support:

- Understanding Responsibility & Accountability
- Developing Better Routines, Structures, Habits & Organization Skills
- Developing Critical Thinking Skills
- Managing Stress & Anxiety
- Learning to Develop Motivation
- Learning to Become Self-Confident
- Unpacking Body Issues
- Improving Relationships & Social Connections
- Developing Goal Setting Abilities



- Improving Focus, Memory, General Well-Being
- Learning the Value of Mindfulness Practice
- Becoming More Disciplined
- Raising Self-Awareness

*Nothing will stand in the way on your journey toward achieving your life goals.
We are never too young to begin this journey. The ZEN CIRCLE is not closed because:*

*We Are Not Perfect
We Are All A Work in Progress - All of Us!
There is Beauty in Imperfection*



Coaching Details:

- *Coaching Sessions Are Designed Around Your Specific Needs*
- *Sessions will be 45-60 Minutes - every 2 Weeks*
- *Available Days & Times Can Be Decided Together*
- *I offer 2, 6, or 12 Sessions with Discounted Rates for more than 1 Session*
Sessions are Conducted Through ZOOM

My Story:

After living internationally for close to 30 years, I returned to my home country, Canada, where I am excited to continue my coaching journey.

In my role as a Coach & Mentor, I enjoy guiding my students/clients to identify the obstacles that keep them from achieving their goals. My coaching will help you to clear your path so that you may have clarity when thinking about your overall future in terms of where you wish to be.

I have extensive experience in the field of Early Years Education. My former leadership roles of Consultant, Principal, Teacher Trainer, Parenting Coach, Private Teacher, spanning 3 countries, has lent itself well to my transition as a Personal Life Coach, specializing in teacher & parent support as well as guidance & coaching for Tweens (8-12 years) and Adolescents (13-18 years).

My passion & skillset has always been in supporting & encouraging young learners to embrace who they are and to learn to believe in themselves!

Debi Lomax Li

Please Visit my Websites:

www.thespace-within.com

Email: holdingthespace2@gmail.com

www.earlychildhoodessentials.com

Email: debi@earlychildhoodessentials.com

(Personal Life Coaching is Available for Adults,
Teachers & Parents Too!)

"I embarked on coaching with Debi as a way to guide me forward as I felt stuck and on hold due to the pandemic. This experience impacted my life in such a positive way, where I am now able to look ahead, past the pandemic and focus on a much more multi-faceted life. I would highly recommend Debi as a coach & mentor due to her patience, kindness & her positive energy!"

Carol C.