

1<sup>st</sup> Edition

REPORT

# *Youth Under Construction*

TEEN CHALLENGES ARE  
PROBLEMS WORTH SOLVING!

TRANSITIONAL LIFE  
SKILLS ARE A LIFE  
CHANGER

DEVELOP LEADERS  
OF TOMORROW

Authentic  
Engagement is  
the key

New world  
changers are  
needed.

BROUGHT TO YOU BY:

Reggie Hanson  
Managing Director  
Certified Professional Coach  
Hanson Coaching & Consulting LLC  
[www.hansoncoaching.com](http://www.hansoncoaching.com)



COACHING TIP OF THE DAY

**Be Patient**

Active listening will help you get to the core of their challenges! They lead/you follow.



**Active Listening** Communication Skill

**Active Listening:** Treating listening as an active process, rather than a passive one. This means participating in conversation, rather than acting as an audience. Active listeners show you are listening, encourage sharing, and strive to understand your teen.

**Show You're Listening** -----

**Put away distractions.** Watching TV, using your phone, or doing other things while listening sends the message that the teens' words are not important. Putting away distractions allows you to focus on the conversation and help them feel heard.

**Use verbal and nonverbal communication.** Body language and short verbal cues that match your teen's affect (e.g. responding excitedly if your teen is excited) show interest and empathy. Verbal: "mm-hmm" / "uh-huh" "that's interesting" "that makes sense" "I understand" Nonverbal: nodding in agreement reacting to emotional content (e.g. smiling) eye contact.

**Encourage Sharing** -----

**Ask open-ended questions.** These are questions that encourage elaboration, rather than "yes" or "no" responses. Open-ended questions tell your teen you are listening, and you want to learn more. "What is it like to \_\_\_?" "How did you feel when \_\_\_?" "Can you tell me more about \_\_\_?" "How do you \_\_\_?" "What do you like about \_\_\_?" "What are your thoughts about \_\_\_?" **Use reflections.** In your own words, summarize your teen's most important points. Be sure to include emotional content, even if it was only communicated through tone or body language. **Teen:** I've been having a hard time at school. There's way too much to do and I can't keep up. My teacher is mad because my homework isn't done, but I can't help it. **Parent:** It sounds like you're doing your best to keep up, but there's too much work. That sounds stressful!

**Strive to Understand** -----

**Be present.** Listening means paying attention to body language, tone, and verbal content. Focus your attention on listening, instead of other mental distractions, such as what you want to say next. When possible, save sensitive conversations for a quiet time with few distractions. **Listen with an open mind.** Your job is to understand your teen's point of view, even if you don't agree. Avoid forming opinions and making judgments until you fully understand their perspective.



## TEEN ENGAGEMENT

### ***TEEN ENGAGEMENT 101***

#### ***Meaningful Engagement***

For teens, parents, or adult partners to collaborate effectively, it's important that young people are meaningfully engaged. It must be authentic.

#### ***Strategies for meaningful engagement***

- Ask young people to identify meaningful ways they can benefit from collaboration.
- Work with young people to identify their skills, strengths, and special abilities so they can be centered in the collaborative process.
- Offer opportunities to youth that enrich their quality of life and promote personal and professional development through professional coaching.
- Facilitate meaningful person-to-person connections, such as mentorship.
- Create a safe atmosphere that values positive thoughts and behaviors and encourages productive feedback.
- Equip youth with the education and tools necessary to advocate for their immediate needs and collective goals.



## GIVE THEIR LIFE MEANING



## YOU WANT YOUR TEENS TO CHANGE THE WORLD?

### #1 JOB: FIND OUT WHAT MATTERS TO THEM

**They are not in control of the world, but they are in control of themselves-how they act, think, and feel! They are meant to be world-changers.**

Teens must set the conditions for their life and growth. It will not just happen. It requires hard work, maximum effort, sacrifices, taking chances, fighting through adversity and being intentional.

Do they have a personal growth plan? How will they get better? They need help planning long term production and how to build from day-to-day activities.

It's about having an impact! Living a life of transcendence and a legacy of giving more than receiving. How will they get the most out of life?

- ★ *If they figure out what matters, they will live a happy life!*
- ★ *Their impact must last beyond them!*
- ★ *What they have isn't what matters!*
- ★ *They matter! People matter!*
- ★ *They were meant to make a difference in this world!*
- ★ *What are they going after?*
- ★ *What do they want to be?*
- ★ *They must live with purpose!*

#### TOP 10 TEEN LIFE REGRETS as ADULTS

1. I wish I had lived life true to myself, not the life others expected or compared to others.
2. I wish I had the courage to express my feelings more. Allow myself to love and be loved.
3. I wish I had stayed in touch with my friends.
4. I wish I had pursued my dreams and aspirations, persevered and kept going.
5. I wish I had taken more risk and chances. Experience more cultures.
6. I wish I had realized contentment and happiness are a choice. More perspective.
7. I wish I had taken better care of myself. Physically, emotionally, and spiritually.
8. I wish I had touched more lives and inspired more people.
9. I wish I had learned the necessary transitional life skills to prepare me for the real world.
10. I wish I wasn't in the position now to be saying "I wish".

**NEED A TEEN PERSONAL  
ACCOUNTABILITY WORKSHOP?**

Reggie.hanson@hansoncoaching.com



# IDENTIFYING BARRIERS

## BUILDING TRUST

Establishing and building trust is essential to any effective working relationship. Once rapport is established, genuine collaboration can begin.

### Potential Barriers

- **Cultural incompetence:** Misunderstanding the needs and values of young people whose lived experiences differ from your own.
- **Cultural insensitivity:** The inability or unwillingness to identify and accept cultural differences and power imbalances.

### Strategies to Building Trust

- Understand common traumas and stresses of young people to avoid repeating them, which could be triggering.
- Maintain an accepting and affirming environment that meets physical and emotional safety needs.
- Anticipate cultural differences. Respond with sensitivity, compassion, and a commitment to learning.

It's a great feeling to know you are sending strong, trustworthy teens out into the real world.



# DEVELOPING LEADERS OF TOMORROW, TODAY!

**Promote and respect the autonomy of young people while intentionally creating space for personal and professional growth.**

## Potential Barriers

- **Adulthood:** The belief that adults know more about what youth need than youth themselves. It is the systemic discrimination and prejudice against younger people based on their age.
- **Exploitation:** Treating young people unfairly in order to benefit from their efforts.

## Strategies to Consider

- Invite and help young people to make decisions that they feel are best for them and respect their choices.
- Encourage young people to advocate for themselves and their peers.
- Identify and remove organizational barriers between youth and authority figures.
- Each young person has different strengths. Use them in combination with effective leadership to allow them to grow into leaders themselves.
- Make decisions through group discussion and critical analysis rather than simple majority votes.



**NEED A TEEN LEADERSHIP DEVELOPMENT WORKSHOP?**

[Reggie.hanson@hansoncoaching.com](mailto:Reggie.hanson@hansoncoaching.com)



# WHY SHOULD WE INVEST IN TEENS



Adolescence is a unique defining stage of human development characterized by rapid brain development and physical growth, enhanced cognitive ability, the onset of puberty and sexual awareness and newly emerging abilities, strengths, and skills.

Adolescents experience greater expectations surrounding their role in society and more significant peer relationships as they transition from a situation of dependency to one of greater autonomy.

The changes adolescents are experiencing render them sensitive to both positive and negative environmental influences. This is a critical time at which trajectories can change based on inputs.

Interventions during adolescence are critical for breaking intergenerational cycles and manifestations of inequality.

## WHY?

# THIS IS WHY!

Transitional life skills, being seen and heard, having a sense of belonging, an emotional connection and confidence are what youth are lacking. This creates difficulty with overcoming obstacles, solving problems, discovering visions, believing in themselves, and achieving goals.

“[life skills] are defined as psychosocial abilities for adaptive and positive [behavior] that [enables] individuals to deal effectively with the demands and challenges of everyday life.”

There is a correlation between life skills and mental health. When youth don't have the transitional life skills to handle different experiences that occur, they lose self-esteem and belief in themselves. This leads to anxiety and depression, which leads to bad decisions and actions. The cycle just gets worse.

**Fundamental transitional skills will help solve problems before youth know they exist.**

Contact me for more information on 1:1, small group sessions (2-4) people, or large group workshops (10-15) people.

[Reggie.hanson@hansoncoaching.com](mailto:Reggie.hanson@hansoncoaching.com)

<https://www.hansoncoaching.com/youthpersonaldevelopment>



IT IS A PROBLEM  
WORTH SOLVING!

IF YOU BUILD  
THEM, THEY WILL  
GROW!

YOU ARE  
BEAUTIFUL!



## ABOUT

Reggie started his coaching company to add value and inspire people to be more conscientious about their own talents and abilities while helping them realize their full potential. He helps clients release the fear to get to the specific outcome they desire and find their purpose so they can live the life they deserve.

He is a Certified Professional Coach through World Coach Institute with over 20 years' experience helping people become more diligent about their own skills and competencies while in coaching, leadership, and management roles.

He is the Managing Director of Hanson Coaching & Consulting LLC, which specializes in professional coaching for personal and career development, motivational speaking, leadership development and mental health activism.

He is a Board Member of a Non-Profit foundation that his daughter started called StayWhole Foundation Inc., with a focus on mental health awareness and is also Certified in Youth Mental Health First Aid with the National Council of Behavior Health.

His "Youth Under Construction" life skills training program teaches youth life changing, life skills. Life skills that teach youth to deal with life on life's terms.

### **"Teens Hold the Pen, To Their Life Story"**

He can be contacted at [reggie.hanson@hansoncoaching.com](mailto:reggie.hanson@hansoncoaching.com)

[www.hansoncoaching.com](http://www.hansoncoaching.com)



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