



HOW TO BECOME A KIDS LIFE COACH

Training Prospectus

Kids Life Studio® offers accredited Diploma and CPD training for our proprietary Play Based Coaching System® established in 2003.



About our Diploma training



Having taken the lead since 2003, in establishing an ethical foundation for the Child Life Coaching profession to develop, we take pride in our fun, creative, relationship driven approach that equips professionals to sustainably support children using our evidence informed approach. Our Play Based Coaching System® is solution focused and change based. We build children's life skills and inner resources for maintaining a healthy lifestyle and mental balance.

Kids Life Studio® is a regulated service provider providing intensive immersive training in our Play Based Coaching System® for children. On completion of our Diploma training, you will be invited to join the register of Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH) as a professional member which validates to your clients that you are committed to complete transparency along with high standards and quality.



What our Diploma training covers



You will participate in practical application under the supervision of our mentors and you will be given the guidance to setup your private coaching practice or you can incorporate the techniques in your current career role.



Offer adult professional development training to educate parents & professionals on the benefit & approach of Play Based Coaching® to build leadership skills in children.

LEVEL 5 MASTER KIDS LIFE COACHING DIPLOMA

This allows you to facilitate group coaching experiences for families through a fun, interactive and unique approach aimed at engaging parents and children to build resilience through Play Based Coaching® methods.

LEVEL 4: ADVANCED KIDS LIFE COACHING DIPLOMA

Learn how to use our kids life coaching model to support young people and their parents. Through the use of our Play Based Coaching® system, you can learn how to effectively offer support to overcome challenges through creative arts, movement, drama, story-telling, sport, nature, dance, hobbies, gaming and technology. The aim is for you to design your own coaching programmes according to your interests and the needs of the children that you support.

LEVEL 3: KIDS LIFE COACHING DIPLOMA

Be introduced to the theory of Play Based Coaching® which is underpinned by neuroscience and developmental Psychology. The theory certificate is compulsory to enter into the Diploma training and it can be used for professional development purposes.

LEVEL 1 & 2: KIDS LIFE COACHING FUNDAMENTALS CERTIFICATES

Our diploma has been designed to take you through staged levels of training that give you the opportunity to put the puzzle pieces of your previous learning, experience and background together. The aim of our scaffolded accredited Diploma training, is to equip you to serve the families in your community and at the same time, earn a well-deserved income doing what you love.

Your diploma will allow you to register with the ACCPH (Accredited Counsellors, Coaches, Psychotherapists & Hypnotherapists register)

Why this Diploma training is useful?

Research by The Harvard University Centre for the Developing Child, has proven that the single most common factor for children who develop resilience, is at least one stable and committed relationship with a supportive adult. The Kids Life Studio® offers that safe space either online or in person, where children can find the courage to overcome their challenges in a supportive environment where a leadership mindset is encouraged.

Our accredited Diploma training shows you an effective way to build relationships, provide personalized responsiveness through coaching and offer skills that buffer children from developmental disruption. This combination of supportive relationships, adaptive skill-building, and positive experiences is the foundation for empowering children to make good lifestyle choices that lay a robust foundation for their future wellbeing. By giving children a toolkit for a healthy body, heart & mind, we prevent negative life experiences from spiraling out of control.

Alongside relationships, a sustainable approach to coaching children is found in learning how to use our proven system that works. We offer a range of tools to track and measure results so that you know how to promote a focused plan of action.



FAMILY DYNAMICS



SLEEPING PATTERNS



PHYSICAL WELL-BEING



PERSONALITY



TOXIC INFLUENCES



CONFIDENCE



SCHOOL ENVIRONMENT



SOCIAL SKILLS

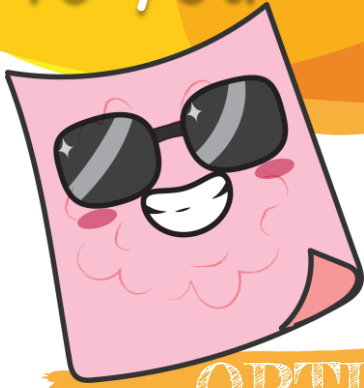


LIFE STRESS



EATING PATTERNS

Options available to you



Our accredited Diploma training offers the opportunity to work independently using your own personal brand or you can gain access to our Kids Life Studio® marketing resources to promote yourself under our already established brand.

OPTION 1: Create your own brand

Become an independent Kids Life Coach using your own brand identity.



Use our established Kids Life Studio® brand to promote yourself ethically and sustainably with our guidance.

Launch your Kids Life Coaching practice by starting from scratch and using your own brand to create coaching templates and marketing materials.



The Kids Life Studio® will provide you with a package consisting of branded coaching templates, coaching tools and marketing resources.

This is suitable for the professional who has an already existing practice and an established brand and wants to add to their offerings.



This is suitable for the professional who believes in collaboration and is committed to sharing best practices.

If you prefer working solo and figuring things out yourself without professional supervision, then this option is for you.



With access to an already established brand, there is no need to reinvent the wheel. You will fast-track your launch quickly and easily.

If you have the time available to figure things out, you will have the opportunity to build your coaching practice slowly and without being pressured with accountability.



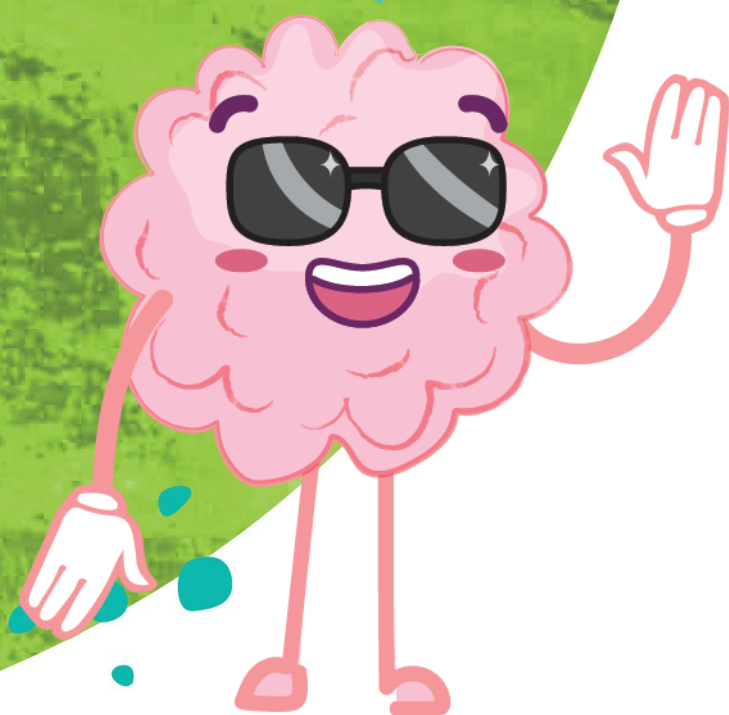
This is suitable for the professional who believes in collaboration and is committed to sharing best practices, ongoing professional supervision, mentorship and support.

Who We Like to train



THIS TRAINING IS FOR YOU IF YOU ARE SERIOUS ABOUT BEING PART OF THE SOLUTION TO THE GLOBAL MENTAL HEALTH CRISIS.

Are you a children's change maker?



We recruit children's change makers to join our training, who are....

- ☒ **Educated** with a background that reflects a basic understanding in the psychology of childhood.
- ☒ **Sincere and honest** about being a children's change maker – they are in it for the true value and genuinely care about children.
- ☒ **Passionate** about wanting to make a positive impact and active in being a mental health advocate for children.
- ☒ **Blue sky thinkers** not afraid to think big when it comes to improving children's lives.
- ☒ **Advocates** for mental wellbeing who seek out opportunities to be a voice for children who may not be able to speak up for themselves.
- ☒ **Team players** who know the value of surrounding themselves with like-minded professionals who share a common vision.
- ☒ **Authentic** and not driven by ego and are willing to share rather than take.
- ☒ **Committed** to personal growth and always working on nurturing their own leadership mindset.
- ☒ **Life-long learners** who understand the value of ongoing professional development.
- ☒ **Collaborative** and prepared to engage and network with fellow children's change makers.
- ☒ **Fun loving** and able to connect and build rapport with children because they are comfortable tapping into their own inner child.
- ☒ **Driven** to make a financial success of their lives through being of service to children and their families.

Who this training is for



OUR GLOBAL NETWORK OF ACCREDITED PLAY BASED COACHES® COME FROM A VARIETY OF BACKGROUNDS.

Teachers

Adult Life coaches

Social workers

Psychologists

Medical Doctors

Nurses

Occupational Therapists

Youth workers

Au Pairs

Parents

Sports coaches

Tutors

Corporate Executives

[CLICK HERE](#)

to enrol in a FREE
introduction to Kids
Life coaching



LEVEL 1 certificate FREE

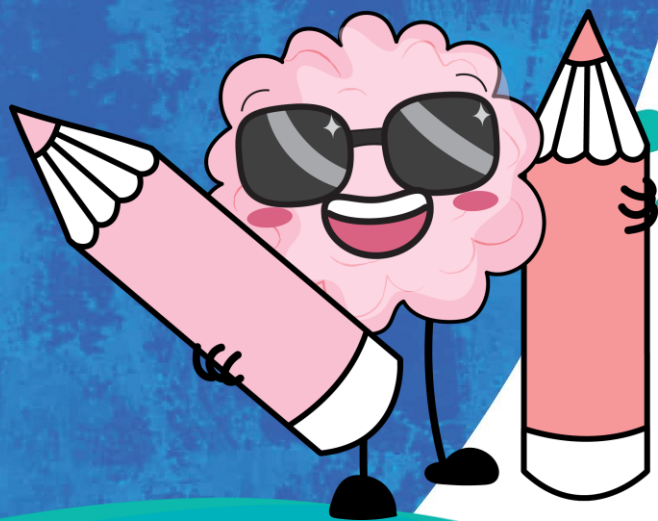


Overview

INTRODUCTION TO KIDS LIFE COACHING

DURATION:

- 2 hours self paced
- Optional Q & A call



This training is a FREE orientation to give you insight into our Play Based Coaching System®.

[CLICK HERE TO ENROL
IN YOUR FREE
INTRODUCTORY TRAINING](#)



Play Based Coaching® is a method used by a global network of trained Kids Life Coaches to support children to overcome the ups and downs of life. Unlike traditional adult coaching, this developmentally appropriate approach harnesses the natural language of childhood which is play.

By enrolling in this fun and interactive Introduction to “Coaching Children Through Play” online training, you will be provided with an understanding of a unique system that can be used as the foundation for making good lifestyle choices. Useful for teachers, social workers, parents, sports coaches or adult life coaches this approach is fully adaptable and intuitive.

At the end of the training, you will have an understanding of our Play Based Coaching System® and you will know how life coaching for children works. Designed to give you insight into our unique coaching model, this free training will provide you with the information you need you to pursue your Level 2 Certificate in the Theory of Kids Life Coaching which is a pre-requisite for obtaining your Level 3 Kids Life Coaching Diploma.

Although this training doesn't provide an official certificate, you will be engaged in a learning opportunity that mobilises you to be an active children's change maker in your community. With the rates of suicide, self harm, anxiety and depression on the increase, the aim is for you to mobilise your inner child and decide how to be part of the solution.



LEVEL 1 INTRODUCTION CURRICULUM



HOURS: 2

Module 1 WHAT IS KIDS LIFE COACHING?

- The difference between adult and child life coaching
- The reasons why life coaching is helpful for children

Module 2 IS KIDS LIFE COACHING THE SAME AS THERAPY?

- The difference between therapy and coaching
- How to determine if coaching is suitable for a child

Module 3 IS KIDS LIFE COACHING THE SAME AS PARENT COACHING?

- The difference between parent coaching and child coaching
- Taking a whole family approach

Module 4 IS KIDS LIFE COACHING ACCREDITED?

- How Kids Life Studio® works with children
- What does accreditation actually mean?

Module 5 IS THERE A NEED FOR KIDS LIFE COACHING?

- The history of life coaching for children
- The future of life coaching for children

Module 6 WHAT IS PLAY BASED COACHING?

- Using play to support children
- Leveraging your natural inner kids life coach through play based activities

LEVEL 1 ASSESSMENT

There will be small quiz questions to complete to receive an automated downloadable certificate of completion.

LEVEL 1 MENTORSHIP

We host exploration sessions for anybody who is interested in meeting founder, Zelna Lauwrens. Once enrolled in this introductory training, you can attend these sessions if you are seriously considering obtaining your Diploma in Kids Life Coaching. This will give you the opportunity to ask questions about this opportunity and gain a deeper understanding of the pre-requisites for successful completion.

LEVEL 2 CERTIFICATE

\$1500



THEORY OF KIDS LIFE COACHING

DURATION:

- 6 weeks virtual self paced training
- 12 hours virtual group mentorship



This training is a prerequisite
to obtain a Diploma in Play
Based Coaching®

[CLICK HERE TO
START YOUR THEORY
TRAINING](#)



Overview

Whilst most theory training is traditionally text book based, our method empowers you to think, understand and apply rather than just read and learn by rote.

Since each person brings different experience, background and wisdom with them, we find that this way of learning honours your individuality because you will research, study and self assess along the way to ensure you leave this training with all that you personally need.

This training has been laid out in such a way to maximise your learning in a short space of time. Over a time frame of 6 weeks you will gain access to a new module each week. We recommend that you commit to a minimum of one hour per day to listen to audios, watch videos, research, read and answer questions.

We provide you with the foundation for understanding our Play Based Coaching System® through self-guided research and mentorship which is a revolutionary way of learning. This will give you the foundation for supporting children ethically and sustainably through becoming well informed.



LEVEL 2 THEORY CERTIFICATE CURRICULUM



HOURS: 50 — 60

Module 1: Orientation of Kids Life Coaching

- The Psychology of childhood
- Coaching versus therapy
- How children make choices
- Detoxing childhood

Module 2: The Psychology of Childhood

- How the child's brain works
- The impact of stress on the brain
- The science of happiness
- Switching on the brain

Module 3: Exploring Childhood Challenges

- The foundations of Emotional Intelligence
- The power of feelings
- Building resilience
- Core skills for life

Module 4: Enabling Children's Labels

- Learned optimism
- The roots of confidence
- Staying motivated
- Harnessing adversity

Module 5: Moulding Children for Life

- Modern world influences
- Communication
- Family Life
- Friendship dynamics

Module 6: Theory of Kids Life Coaching Consolidation

- Needs versus wants
- Values as the foundation for choices
- Goal setting to find balance
- Tools for coping with life

Level 2 Assessment - \$250

To achieve your theory certificate, you will need to submit weekly multiple choice assignments to show that you have integrated a solid foundation in our Play Based Coaching System®. To be accepted into the Level 3 Diploma training, you will need to submit a final Portfolio of Evidence within 3 months (fee of \$250) that verifies your skills and shows that you are positioned to continue with your learning.

Level 2 — Mentorship

As part of this Level 2 training you are provided with 6 weeks access to our twice weekly online group mentorship sessions. This provides you with the opportunity to ask questions and participate in coaching case study and best practices sessions. If your course takes longer than 6 weeks, you can continue this mentorship for an extra month at a fee of \$150 for the additional support.

LEVEL 3 DIPLOMA

\$3500



DIPLOMA IN KIDS LIFE COACHING

DURATION:

- 3 months virtual
- 24 hours online group mentorship sessions
- 3 hours virtual individual mentorship sessions



International accreditation with eligibility for ACCPH membership (Accredited Counsellors, Coaches, Psychotherapists, and Hypnotherapists).

CLICK FOR DATES OF
IN PERSON KIDS LIFE
COACHING BOOT
CAMPS



Overview

The online training can be started on any date with 3 months access to course content and training materials along with virtual group mentorship sessions. Building onto the theoretical foundation, you will be given the framework for coaching children according to your country legalities and child safeguarding policies. You will learn the tools and techniques to assess a client, provide a family consultation and offer tailor made and measurable outcomes.

Our methods typically target children between the ages of 6 and 12 with a strong emphasis on building a healthy lifestyle for coping, resilience and wellbeing. Ideally by coaching children in this age group, you will see first hand that you are able to prevent problems from arising in the teenage years. You will however learn that you can easily adapt our Play Based Coaching System® to support teenagers who benefit greatly from this approach.

After completion of your 3 month online training, you will have an opportunity to put your new skills into practice. You will start compiling your portfolio of evidence to show your coaching competence and you will be asked to coach a minimum of 3 children of different ages either online or in person. You will be provided with samples of our Kids Life Studio® branded coaching templates and permission is given to use these in their entirety in your practical application and once certified.

As part of your training, you will be given access to our twice weekly group mentorship sessions, to ask questions and be guided in your practical application. Being part of this collective community of children's change makers offers the opportunity to build networks, obtain further insights and strengthen your own skills. On completion you will have a solid theoretical and practical foundation to setup an income earning coaching practice using your Diploma in therapeutic Play Based Coaching and and be eligible for ACCPH (Association of Coaches, Counsellors, Psychotherapists & Hypnotherapists) membership.



LEVEL 3 DIPLOMA CURRICULUM



HOURS: 120 – 150

Module 1: THE CORNERSTONES FOR BECOMING A KIDS LIFE COACH

- Developing the mindset of a Kids Life Coach
- Coaching your own inner child

Module 2: GETTING READY FOR YOUR KIDS LIFE COACHING JOURNEY

- Consolidating the theory of coaching children
- Putting the Child back into Childhood

Module 3: PLAY BASED COACHING SYSTEM®

- The Play Based Coaching Model®
- A System for Kids Life Coaching Success

Module 4: ENABLING CHILDREN'S LABELLING

- Assessing and meeting a child's needs
- The 10-steps for Enabling a Child

Module 5: THE TOOLS FOR COACHING A CHILD

- Using the individual Kids Coaching Programme
- Turning the Kids Life Coaching Theory into Action

Module 6: KIDS LIFE COACHING IN ACTION

- Starting with your Kids Life Coaching
- Monitoring your Kids Life Coaching success

Level 3 Assessment – \$250

Your portfolio of evidence to demonstrate your competence will consist of a combination of practical assignments, consolidation questions and coaching case studies. On completion, you will have everything that you need to become a career kids life coach and earn an income coaching children. This can be done using your own brand or you can opt to purchase a license to become an affiliate of The Kids Life Studio® and fast track your success.

This Level 3 Diploma makes you eligible for ACCPH membership (Accredited Counsellors, Coaches, Psychotherapists & Hypnotherapists).

Level 3 – Mentorship

As part of this Level 3 Diploma training you are provided with 3 months access to our twice weekly online group mentorship sessions. This provides you with the opportunity to ask questions and gain access to coaching case study and best practices sessions. If your course takes longer than 3 months, you can continue this mentorship for a maximum of 3 months at a fee of \$150 per month.



LEVEL 4 DIPLOMA

\$3500



Overview

If you choose to become an advanced coach, it means you are serious about making maximum impact by reaching more children. You will be given the opportunity to expand your offerings from individual coaching to group coaching. You will gain access to training in how to offer a family resilience programme and a school based extra-mural programme.

What makes this Diploma training unique is that you will be guided with structured individualised support to ensure that you build a strong brand presence and earn respect in your chosen niche.

You will continue to have access to twice weekly group mentorship sessions for masterminding and professional supervision pertaining to your coaching clients. Alongside this, you will have access to your own personal performance coach who will offer you monthly individual support sessions to ensure your personal, professional and financial goals are on track.

Building on your Diploma in Kids Life Coaching, you will have access to this Diploma training for 3 months to ensure enough time to build and setup your successful coaching practice. This will be done with a combination of practical assignments such as business and marketing plans to ensure that you build a coaching practice that suits your needs and serves your clients at the same time. The aim is for you to expand your offerings for sustained and realistic growth and positioning yourself as an expert kids life coach and obtain accredited membership status of the ACCPH (Accredited Counsellors, Coaches, Psychotherapists & Hypnotherapists).

ADVANCED DIPLOMA IN KIDS LIFE COACHING

DURATION:

- 3 months virtual
- 24 hours virtual group mentorship sessions
- 3 hours virtual individual mentorship sessions



Eligibility for accredited member status of the ACCPH (Accredited Counsellors, Coaches, Psychotherapists, and Hypnotherapist).

CLICK TO ENROL IN A
LEVEL 2 - 4 FAST
TRACK SAVER PACKAGE



LEVEL 4 DIPLOMA CURRICULUM



HOURS: 120 - 150

Module 1 SHARING THE ZEAL

- The framework for expanding your coaching practice
- Creating a blueprint for your financial, personal and professional goals

Module 2 PRIOR TO LAUNCH

- Preparation for setting up your group coaching practice
- Workshop scheduling and income generation

Module 3 PROCEDURES FOR EXPANSION

- Proven strategies for long-term sustainable results
- Obtaining, maintaining and retaining clients

Module 4 GETTING THE WORD OUT

- Using our unique 6-step marketing blueprint
- Leveraging your personal strengths to build your niche

Module 5 BUILDING A SOLID FOUNDATION

- Growth strategies for sustainable results
- Diversifying and creating multiple revenue streams

Module 6 CREATING MAXIMUM IMPACT

- Increasing reach through positioning
- Leveraging time and income

Level 4 Assessment - \$250

To achieve your Advanced Level 4 Diploma certificate, you will need to submit a portfolio of evidence that demonstrates that you have the foundation for a sustainable coaching practice. This includes a combination of practical assignments, consolidation questions and group coaching case studies. The aim of your assessments is for you to show that you have a solid foundation as an advanced kids life coach for your eligibility for your accredited ACCPH membership (Accredited Counsellors, Coaches, Psychotherapists & Hypnotherapists) and will make you eligible to be invited to participate in Master Coach training.

Level 4 — Mentorship

As part of this Level 4 Diploma training, you are provided with 3 months access to our twice weekly online group mentorship sessions. Alongside this, you will be provided with individual coaching sessions to keep you on track with your personal and professional goals. If your course takes longer than 3 months, you can continue access to your training for a maximum of 3 months at a fee of \$150 per month.

LEVEL 5 DIPLOMA

Price on application

MASTER DIPLOMA IN KIDS LIFE COACHING

DURATION:

- Personalised virtual training programme with mentorship



Eligibility for ACCPH Senior Membership
(Accredited Counsellors, Coaches,
Psychotherapists and Hypnotherapists)

[CLICK HERE TO
SUBMIT A STATEMENT
OF INTEREST](#)



Overview

This opportunity is on application only and is suitable for a professional with experience teaching, coaching or offering therapy to children individually and in groups. To be invited, you will need to demonstrate evidence of being a children's change maker who has shown a strong commitment to upholding a professional code of ethics as well as having significant experience in a particular niche area and be comfortable delivering training to the adult sector.

Completing the Level 3 – 4 training is not a requirement (but highly valuable) for this training, since this is a standalone Level 5 Diploma which is equivalent to the second year of an undergraduate degree. We will consider and accept lengthy prior service within teaching, social work, therapy or coaching. Prior to attending, you will need to complete the mandatory Level 1 Introduction to Kids Life Coaching and Level 2 Theory of Kids Life Coaching.

Ideally you need to be a member of a professional body with logged coaching/therapy hours along with evidence of professional supervision and ongoing professional development training which shows fitness to practice with up-to-date legal requirements in place.

You will need to be available to work alongside founder, Zelna Lauwrens by attending a personalised virtual or in person training covering 6 integrated modules. This may also involve shadowing live training facilitation where you will have the opportunity to prepare for and be assessed on your training delivery style as you actively participate in supporting attendees.



LEVEL 5 DIPLOMA CURRICULUM



personalised
training

Module 1 CONSOLIDATING YOUR PURPOSE

- Foundation for brand YOU
- Positioning framework

Module 2 BUILDING YOUR PERSONAL BRAND

- Creating brand YOU
- Preparation for expansion

Module 3 FOCUSING ON YOUR COMPETENCE

- Skills for building brand YOU
- Consolidation of offerings

Module 4 STRATEGISING FOR SUCCESS

- Success as brand YOU
- Business strategies and planning

Module 5 SPEAKING YOUR PASSION

- Communicating brand YOU
- Hosting live training events

Module 6 MOVING FORWARD WITH YOUR VISION

- Sharing brand YOU
- Influencer fundamentals

Level 5 Assessment - \$250

To achieve your Master Level 5 Diploma certificate, you will need to submit a portfolio of evidence that demonstrates that you have the foundation in place that honours the Kids Life Studio® Play Based Coaching methodologies and code of ethics. The aim of your assessments is for you to show that you have a solid foundation as a Master Play Based Coach® for your eligibility for your Senior ACCPH membership (Accredited Counsellors, Coaches, Psychotherapists & Hypnotherapists). Once we verified you have met our competency standards for presenting adult based training, we will support you in promoting your events under our Kids Life Studio® banner.

Level 5 — Mentorship

You will need to be available to share time with founder, Zelna Lauwrens either virtually or in person. This may involve shadowing live training facilitation where you will have the opportunity to actively participate in supporting attendees under professional supervision.



Testimonials



“ The structure and content of the course is simply brilliant. It is well researched, thought out and very current. The continuous research and updating that goes on just shows that this is a world class kids life coaching course probably the only one with lots of rigour before you achieve your certification. The Kids Life Studio team is extremely professional and very supportive. It is so comprehensive and the tools are super.

”



Shruti Shah

Nairobi, Kenya



Julienne Kawai

New York, USA

“ I really enjoyed doing the Kids Life Studio® course as it helped me develop a practical approach and framework for coaching kids. It really helped catapult me from trying random strategies I found in books and on the internet into a system that works. I learned to use the tools and strategies that we use with the kids on myself which was amazing! The KLS community is supportive, friendly and very helpful. I highly recommend it to anyone who would like to coach children.

”

“ A wonderful mind-blowing course that is thought-provoking and intense. There is so much content to gobble up, but it's all beautifully instructed, simple to follow, with the right amount of audio, visual and homework to keep you going. I've learnt a lot in a short space of time and it's been well worth it!

”



Andrea Liu — Singapore

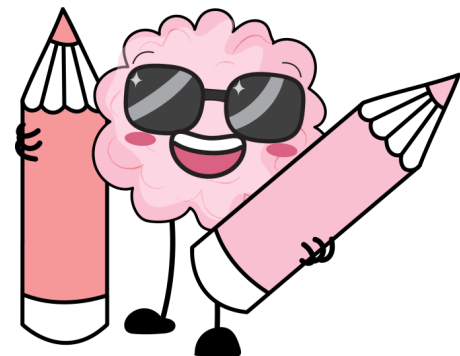
Level 2 Kids Life Coach

Attend a Play Based Coaching boot camp



**DO YOU WANT TO
LEARN NEW GAMES,
ACTIVITIES AND
TOOLS FOR
SUPPORTING CHILDREN
THROUGH PLAY?**

Our 1-day live training events are hosted globally and offer access to our proprietary Play Based Coaching® games, tools and methods. A pre-requisite for enrolment is the completion of our [FREE Level 1 Introduction to Coaching children through play online course](#).



**CLICK HERE FOR
TRAINING DATES:**



This 1-day interactive, play-shop will educate, motivate and inspire you to quickly and easily launch your coaching practice.

use our branded marketing package for quick Launch



Interested in Less work building a brand and more time coaching?
If you want to have a speedy, fuss free Launch with all the templates you need to get your Kids Life Studio® coaching practice up and running, then this package is for you!

marketing toolkit samples

coaching toolkit samples

décor toolkit samples



**MARKETING PACKAGE
INVESTMENT:
\$2500**



You can opt to invest in this quick launch package once you have certified as a Level 3 Play Based Coach. You will get:

- Kids Life Studio® e-mail address
- Kids Life Studio® personalised venue name
- Flyer templates
- Business card template
- Pull up banner template
- Posters
- Social media posts
- Additional branded coaching templates

IS OUR Diploma training for you?

IF YOU ARE SERIOUSLY
CONSIDERING BECOMING
A KIDS LIFE COACH
ASK YOURSELF THESE
EASY QUESTIONS TO
FIND OUT IF THIS
OPPORTUNITY IS FOR
YOU!



CLICK TO ENROL
IN OUR FREE
INTRODUCTORY
TRAINING



ARE YOU...

- 1 Sincere and honest about being a Kids Life Coach and in it for the true value because you genuinely care about children?
- 2 A team player who is interested in working with a network of fellow coaches because you know the value of surrounding yourself with like-minded professionals?
- 3 A lifelong learner who understands the value of coaching and working on your personal growth on an ongoing basis?
- 4 Interested in building a financially rewarding Kids Life Coaching practice around the needs you have identified in your own community and not the prescriptive rules of a franchise concept?
- 5 A natural leader to children that easily builds rapport because you are comfortable tapping into your own inner child, being silly on occasion and having fun?
- 6 Interested in a proven, practical, tangible and measurable way to reach children so that you can have a long-lasting impact on the children you coach?
- 7 Already in contact with children either as a parent, family member or in your career and you love being around children?
- 8 Wanting to fast track your success by using a proven model that will pave the way for you to reach your goal of coaching children quicker than if you did it from scratch yourself?
- 9 Serious about being an active change maker in this world rather than standing as a silent bystander while children struggle?
- 10 Confident that you have what it takes to educate, motivate and inspire a child to become the leader of their own life?

IF YOU ANSWERED YES
TO 7 OR MORE OF THESE QUESTIONS,
THEN YOU ARE A PERFECT CANDIDATE
TO ENROL IN OUR DIPLOMA TRAINING.
INTERESTED? NOW IS THE TIME TO
TAKE ACTION

Testimonials



“ From the first time I met Zelna her passion and enthusiasm for people and especially children drew me to her immediately. Her genuine desire to make a difference in the lives of others was evident from our first meeting and I knew instinctively that she was someone I wanted to be associated with and ultimately work with. Over a period of time we had many conversations about her vision and my dreams, with Zelna always being very supportive and encouraging. In 2010 we got to work together on a Christmas party for a nursery school in Zandspruit that I was involved with. It was here that I saw Zelna's amazing generosity, compassion and natural leadership qualities. Over the past few years, Zelna has inspired and motivated me to keep following my dream of making a difference. ”



Natalie Soal

Johannesburg,
South Africa



Nicholas Symonette

Michigan, USA

“ After completing this training, I already feel a sense of belonging to the work that I do. It has validated my thoughts, aspirations and goals in the art of guiding children towards more successful outcomes in life. With over twenty years in Education, I can confidently say that this training pulls in all of the best practices, theory and psychology of pedagogical studies. ”

I am so excited about moving on to the next level to continue to arm myself with research-based practices and knowledge that will help me serve all children wherever they are. ”

Wondering how you will get clients?

YOU WILL LEARN OUR 10-STEP PROCESS FOR OBTAINING, MAINTAINING & RETAINING CLIENTS AS A KIDS LIFE COACH.

Step #1: Impact

Step #2: Assess

Step #3: Consult

Step #4: Evaluate

Step #5: Refer

Step #6: Act

Step #7: Plan

Step #8: Coach

Step #9: Maintain

Step #10: Support



our goal is to give you
the tools you need to
not only coach
children but also to
market your services
so that you have a
steady stream of
clients.

CLICK TO FIND OUT
MORE ABOUT OUR
10-STEP PROCESS



What are the requirements for this training?



OUR ONLINE SCHOOL OFFERS A COMBINATION OF SELF PACED STUDY, LIVE TRAINING AND MENTORSHIP TO BECOME A KIDS LIFE COACH.

BASIC REQUIREMENTS

In order to complete this training, you will need a current email account, access to a computer and a stable internet connection. You should be familiar with using a computer and accessing the internet as you will need to be able to read documents in PDF reader, create Microsoft Powerpoint presentations, and read and create documents in Microsoft Word.

BROWSER REQUIREMENTS

We recommend that you use Google Chrome as your internet browser when accessing the Kids Life Studio® Coach Academy. Although this is not a mandatory requirement, we have found that this browser performs best for ease of access to course material.

ADDITIONAL REQUIREMENTS

To attend the weekly live mentorship calls, you will be required to download Zoom and have sufficient bandwidth available to participate. In addition, you may need to install Adobe Flash Player to view the video lectures, resources and activities available in each course module.

How will you learn in this Diploma training?



Choose to do a 6-month online self paced training to earn your Advanced Diploma in Play Based Coaching® or attend a 5-day Live fast track training event.

THIS TRAINING IS BROKEN DOWN INTO MANAGEABLE, WEEKLY MODULES, DESIGNED TO ACCELERATE YOUR LEARNING PROCESS THROUGH DIVERSE LEARNING ACTIVITIES.



Work through instructional material online.



Collaborate with your classmates via a twice weekly live mentorship call.



Enjoy a wide range of interactive content including video lectures, research & reading materials.



Investigate current real world case studies with experienced mentors supporting you.



Apply what you learn each week in quiz assessments.



Submit weekly assignments designed to equip you to practically set up your kids life coaching practice

certified coach success story



With a Masters Degree in Psychology and Human Resources, Aurélie Andriamialison first enrolled in her Kids Life Coach Training in Geneva in Switzerland in late 2018. This was after leaving her successful career in the United Nations where she was involved in political support, development and negotiations for gender equality and diversity.

As a mom of two young children, she found that home schooling was a big priority for her and she was looking for a career that supported her family values. She completed her training full time in less than 6 months before launching her newly founded career of coaching children which was a very good fit as she could manage her home and work balance easily.

Since 2019, Aurelie has been involved in doing extensive research on the impact of technology on children's wellbeing and she has positioned herself as an expert in this niche. She is passionate about nature and hosts regular summer wellbeing retreats for children that aids in developing a better relationship with technology.

Coaching in both French and English, Aurelie takes a multi-cultural approach and has managed to build a thriving full-time coaching practice within her local community and internationally both for profit and for charitable causes. She continues to support children in finding their way back to their own 'inner voice'.

With local and international collaborations and as a valuable senior member of our coaching team, Aurelie believes in the value of sharing her expertise but also in professional supervision. Even amidst her busy schedule, she still makes herself available to attend and host best practices mentorship sessions with fellow students which shows her commitment to her craft.



AuréliE Andriamialison

Geneva, Switzerland

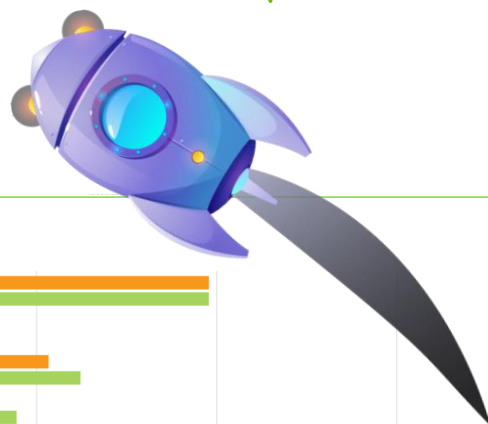
Aurelie says:

"Completing the Kids Life Coach Certification has been one of the best decisions I have taken in my life. From day one, I felt I was in the right place, with the right people. I have learned in a rigorous, structured but at the same time, supportive and inspiring manner how to become a WorldClass Kids Life Coach.

Zelna Lauwrens's strong experience and unconditional support have been determining in this learning journey. The curriculum is extremely well organized and solid in terms of theory, researches and practice. It is the first time I feel so close to the other students and teacher in a distance learning course. The videos in the modules, the two group coaching sessions in the Zoom room every week, the daily interactions on Facebook with the global network of Kids Life Coaches made this learning so lively, inspiring and tailor-made.

This Kids Life Coach Certification prepared me at all levels, personally and professionally, to be fully equipped and ready to launch my new business and serve all children with passion, rigour, authenticity, empathy and confidence. If I am World-Class Kids Life Coach today it's because I have been trained by a world Class Kids Life Coach Academy and an amazing teacher who truly lives her passion for children."

Child Success Story



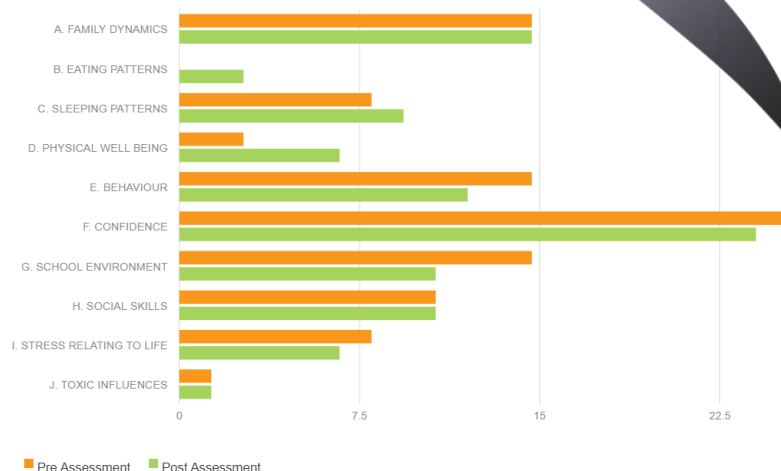
Neve is an 8-year old Australian girl, who after moving to Switzerland, found adapting to her new country very difficult. Her parents approached Kids Life Coach Aurélie Andriamialison in June 2020 because she needed some confidence building because she was unable to control her emotions and cried everyday. She was also bossy with her parents and friends and had difficulty listening to others. As an energetic child, she had issues falling asleep and eating at the table was a source of tension because of her distraction.

Aurélie reported that Neve made very quick progress as soon as she started her coaching programme. She was enthusiastic to use her new tools and and within weeks, she participated better in her weekly coaching sessions because she had more focus and listening skills. Showing more autonomy and confidence, she was able to control her emotions and no longer cries everyday. She was able to make new friends by showing respect and has built up her resiliency. She also made beautiful progress in speaking French which was a barrier initially.

A year later, Neve's mother reported:

"Aurélie approach combines so many important elements: kindness, listening, determination... and encourages the same in our daughter. She provided an independent support that complemented our efforts as parents to build self-confidence and self-belief. And we, as adults, learnt new perspectives and also could consult, share ideas and tailor the sessions, week by week alongside the progress our daughter was making - this is really key and makes this programme very relevant and effective. Structure with flexibility. Thank you Aurélie!"

Pre & Post Assessment



Section	Pre	Post
A. FAMILY DYNAMICS	14.67%	14.67%
B. EATING PATTERNS	0.00%	2.67%
C. SLEEPING PATTERNS	8.00%	9.33%
D. PHYSICAL WELL BEING	2.67%	6.67%
E. BEHAVIOUR	14.67%	12.00%
F. CONFIDENCE	25.33%	24.00%
G. SCHOOL ENVIRONMENT	14.67%	10.67%
H. SOCIAL SKILLS	10.67%	10.67%
I. STRESS RELATING TO LIFE	8.00%	6.67%
J. TOXIC INFLUENCES	1.33%	1.33%

KEY	
0%	Perfect
1%-20%	Low Risk
21%-40%	Moderate Risk
41%-60%	High Risk
61%-80%	Serious Risk
81%-100%	Major Risk

**CLICK TO READ
MORE SUCCESS
STORIES**



How you can make a positive impact



PLAY BASED COACHING® PROVIDES A TOOLKIT TO PUT THE KEY INGREDIENTS IN PLACE FOR YOUNG PEOPLE TO DEVELOP A POSITIVE CYCLE OF SUCCESS IN THEIR LIFE.



consider how these modern day influences impact on children's personal growth and mindset:



THE ELECTRONIC VILLAGE

- Living in a highly competitive world
- Television programmes on offer largely inappropriate for children
- Access to technology that hinders face to face communication
- Access to the Media that provides live-time coverage 24 hours a day
- A consumer culture that measures self-worth according to possessions
- Instant gratification at the click of a button



BLURRED BOUNDARIES BETWEEN CHILDHOOD & ADULTHOOD

- Level of first-hand experiences cannot be assimilated by the young mind
- Sexualised dress codes
- A shortage of good role models
- Music with inappropriate language & sexual innuendos
- Overloading of activities and lack of relaxation time
- Age restrictions on entertainment slackening
- Technology addiction caused by social media causing a decline in play and communication



HEALTH

- Childhood stress on the increase
- Greater childhood mental illnesses
- Increased youth suicide rates
- Anxieties, fears & phobias
- Smoking, drinking & drugs
- Under-age sex with risk of STD's and teen pregnancy
- Physical, emotional and sexual abuse
- Self inflicting pain through self harm or dangerous games
- Increased anger & conflict
- Limited outdoor play



FAMILY

- A conflict between modern and traditional values
- Divorced/Single parent families
- Working parents
- Discipline problems in the home
- Unrealistic expectations with regards to academic achievement
- Inconsistency of childcare
- The level of emotional security and stability dwindling due to parental stress
- Confusion in parenting styles



EATING

- Amount & quality of food consumed
- Fast food epidemic
- Childhood obesity on the upswing due to 'couch potato effect'
- Anorexia/bulimia & other eating disorders
- Food allergies on the increase which impact on behaviour and concentration
- Preservatives, colourants and food additives which cause hyperactivity



EDUCATION

- Special Needs Explosion & labelling of children
- Behaviour deterioration in classrooms
- More academic pressure
- Subject choices demanding and overwhelming
- Developmental delays
- Sensory processing difficulties due to bombarding of the senses
- Changing needs of children hinders effective learning
- An increase in alphabet disorders e.g. ADD/ADHD/ ASD

Testimonials



“I always wanted to work with kids and help them develop and be who they want to be, because most kids have big feelings that can cause them confusion or depression so having someone to support them is very essential. This journey with the Kids Life Studio has put all that to action, when I first started I had no trust, I was confused, and I thought of not going through this process. But when I started the process and let go of my fears, it all fell into place. Throughout this journey I have gained knowledge, I have grown, I became more confident, I have an amazing supporting team, and an awesome mentor, we're always there for each other. It was the best decision I made, because it was the first step into my huge and transformational journey of becoming the person I always dreamt of being. I'm blessed to be in this journey and with all those beautiful people.



Mai EL Badawy

Alexandria, Egypt



Julie Purcell

Florida, USA

“Finding Kids Life Studio and this coaching program was like finding part of myself I didn't realize was missing. I have always loved working with children, which is why I chose teaching as my profession. But learning to work with children on how their brain works and giving them tools to help set them up for a successful life feels exhilarating. When I tell people about kids life coaching I can feel myself become energized and enthusiastic and it reinforces to me just how passionate I am about this. I have thoroughly enjoyed the mentorship calls where Zelna encourages us to stretch our thinking and grow. And where I have the opportunity to talk with other people who share the passion and desire to work with children and better their lives. This has been one of the best decisions of my life. I am so excited about this journey.

What are the benefits of becoming a PLAY Based COACH® ?



Did you know?
Our PLAY Based COACHING
system® is used in
multiple Languages around
the world.



- Ability to easily integrate methodologies and philosophies into existing field.
- Being part of a proven concept with internationally published research papers.
- Provision of current and ongoing information applicable to the industry.
- Access to numerous Life Skills Programmes which can be used in a variety of contexts.
- All training material written in a user-friendly way that is adaptable according to needs identified.
- The flexibility of choosing which age groups and programmes to use.
- In-house motivation products available to enhance services offered.
- Use of website for online assessments.
- Dynamic programme and product development that moves with the times.
- Conferences and seminars to upskill affiliates and provide the opportunity to share ideas and experiences.
- Building a referral network in localized and international communities.
- Being part of a team that provides opportunities for collaboration.

certified coach success story



Bronwyn Bergen first approached the Kids Life Studio® in mid-2018 when she was a full-time third grade teacher in the Pennsbury School District in Pennsylvania, USA. Despite her teaching position being her first priority, she managed to commit the hours needed to complete her Kids Life Coach Certification within the recommended time frame.

After certifying as a Kids Play Based Coach, she launched a part-time Kids Life Studio® space in her local community of Newtown in early 2019. When she eventually retired from her school teacher position of 30 years, in June 2021, she was able to launch her full-time kids life coaching practice with a steady stream of clients.

During the pandemic, due to the increased demand for mental wellbeing services from other areas of the country, Bronwyn shifted to a hybrid blend of virtual coaching and face to face coaching. In 2022, she expanded and launched her second community based location when she moved home to Captiva in Florida. With our proven concept in hand, she was able to hand over the reins of her Newtown operation to a trusted ex school teacher colleague.

Since then, Bronwyn has opted to collaborate with many of our global network of certified Kids Life Studio® coaches to expand her reach and meet numerous client requests. Now supporting her own small team of coaches, using our proprietary Play Based Coaching System®, she continues to be an avid advocate for children's mental wellbeing and is committed to educating the general public on what kids life coaching is all about.



Bronwyn Bergen

Pennsylvania and Florida, USA

Bronwyn says:

"Empowering children to live their best lives. This is only one of many concepts that I learned while becoming a global certified kids life coach. After teaching for 28 years, I wanted to take my love of children and thirst for helping kids down a new path. I conducted a lot of research looking for courses that offered kids life coaching. I could not find a program that truly coincided with my own philosophies. Until, I found The Kids Life Studio. Their philosophy of inspiring, motivating, and providing kids with a greater self-acceptance, self-awareness and clear understanding of their own thinking patterns was exactly what I was looking for.

What makes The Kids Life Studio coaching distinctive, is that children learn through constructive play. This is a unique approach to coaching, that I did not see another program offer. The Kids Life Studio course teaches you how to facilitate self-development, enhance social skills, and build self-esteem through the transfer of life skills in children."

We are committed to building a relationship with you



As the global leader in ethical, sustainable and proven training, the Kids Life Studio® is the first and only organisation to offer a fully comprehensive accredited kids life coaching diploma.

Including a blend of business, mindset, theory and practice we are confident that you are in good hands. Building relationships is our highest value and we look forward to supporting you in this journey!

IN OUR DIPLOMA TRAINING, WE ARE COMMITTED TO:

- Creating ongoing opportunities, which are based on sharing proactive solutions, that can easily be used to establish yourself as a World-Class Kids Life Coach.
- Empowering and engaging you to use our proven 10-step Kids Life Coaching process to reinforce and extend the benefits of the work you may already be doing.
- Educating you through personal and professional development training with peer to peer learning and mentorship with participants from across the globe.
- Providing a well researched system, that is designed to give children and their families the tools to cope with whatever life throws their way.



CLICK HERE TO LEARN
MORE ABOUT OUR
TOP 5 VALUES



We aren't just another service provider in the Kids Life Coach training sector that is largely unregulated and becoming diluted by "quick fix" options that look good in theory but aren't always realistic in practice. It is easy to offer once off training without accountability, follow through and follow up but that isn't what we are about. We are all about relationships and for us growing a team of professionals who learn, collaborate, network and share best practices is our core strength.

MEET YOUR TEACHER



ZELNA LAUWRENS

HDE, BEd, Psych Ed(Hons), MSc Clinical Child Psych, FHEA,
Doctoral programme research student

"Zelna Lauwrens is a remarkable global leader. She is deeply committed to the plight of children and young people living with multiple adversity and disadvantages. Courageous, driven and considered and scholarly in all her interactions, she is tackling stigma and structural violence – creating a global community of youth coaches to empower young people and promote their resilience and agency. I hope we continue to work together for many years to come."

Professor Kamaldeep Bhui, University of Oxford Psychiatry Department



CLICK TO WATCH ZELNA
SPEAKING IN PARLIAMENT
IN ENGLAND



Founder of the Kids Life Studio® Global Network, Zelna Lauwrens has supported children's wellbeing as an early career teacher, school counsellor, behavioural consultant, university lecturer, psychologist and Play Based Coach® for over two decades.

Zelna is the leading expert in life coaching for children and has led the field through the development of her tried and tested Play Based Coaching Model® that has been used in multiple countries in multiple translations since 2003. Her teaching style is practical and experiential and her background as a teacher and university lecturer allows her to not only transfer essential theoretical aspects, but also the hands on experience she has gained throughout her career. As a fellow of the Higher Education Academy which sets the standards for teaching and support in learning in higher education, Zelna has been stringently assessed and peer reviewed with regards to her commitment to teaching, learning and the student experience. She is currently completing her doctoral research with a special interest in building family resilience through play.

As an advocate for children's mental wellbeing, Zelna has spoken in Parliament in England and at worldwide conferences and is a voting member of the World Federation for Mental Health. She was also invited to be an Honorary Fellow of the Queen Mary University Global Policy Institute in London and has participated in their Resilient Futures Initiative with a core focus on building family resilience. Her ongoing passion for coaching as a viable intervention has led to her participation in multiple funded research projects alongside psychiatrists and other clinical psychologists with a particular emphasis on the World Health Organisation Sustainable Development Goals. She is also the co-founder of The Secret Parent Foundation which is focused on offering social support to families faced with trauma.

READY TO START YOUR JOURNEY WITH US?



We are looking for professionals who really have the heart and passion for creating a career out of coaching children to join our **Kids Life Studio® Global Coach Network.**

If you want to part of our team of reputable and trusted Kids Life Coaches, then we invite you to enrol in our training. You will join our community of like-minded professionals who work alongside each other by upholding the values of integrity, love and acceptance when working with children!

STEP 1:

Enrol in your Level 1 Introduction to Kids Life Coaching and Level 2 Theory of Kids Life Coaching. These are both mandatory requirements for enrolment in the Level 3 Diploma, Level 4 Advanced Diploma and Level 5 Master Diploma Training.

STEP 2:

Enrol in your Level 3/4/5 Diploma Training and receive mentorship and support as you complete the theory and practical application. You can either do this online or fast track the process by attending a live training event.

STEP 3:

Launch your income earning kids life coaching practice using your own brand or by investing into our ready to use plug and play Kids Life Studio® marketing package.

STEP 4:

Join our membership to receive ongoing access to professional supervision and best practices sessions.

BONUS

want to get started?

use the coupon code

PROSPECTUS

to get \$500 discount off your enrolment at checkout.



ANY MORE
QUESTIONS? CLICK TO
EXPLORE OUR FAQ!



We are committed to excellence

We understand that it is our measurable results coaching children that are our biggest asset. With both quantitative (statistics) and qualitative (lived experiences) data backing our approach, we take great pride in our global network of certified Kids Life Coaches working towards sustainable long-term results.



CLICK TO
SPEAK TO US

CLICK HERE
TO ATTEND
A FAST-TRACK
BOOT CAMP

Click to find out how
our Kids Life coaching
is accredited



The Association
for Child and Adolescent
Mental Health



IACAPAP
International Association for Child and
Adolescent Psychiatry and Allied Professions



Thank you for taking the time to review our online training prospectus

We hope this has helped you to understand more about how to become a kids life coach. We look forward to seeing you enrol in our training.



ANYTHING ELSE
YOU NEED TO
KNOW?



WANT TO FIND
OUT MORE ABOUT
PAYMENT?



JOIN OUR
KIDS LIFE COACH
SUPPORT NETWORK



READ
OUR BLOG

