

Edge High School Coaching
Coaching Teens... Building Futures

Business Executives and Athletes get coaches, why not Teens!

What is a coach?

A coach is someone who supports you and your dreams. A coach is there to listen so you can talk about whatever is on your mind. A coach may ask you questions that are meant to help you think things through. A coach is there to help you uncover your own choices and decisions.

What is it like to have a coach?

Having a coach means knowing that you can think out loud and that you have someone you can share things. A coach will not judge you for what you say or do. A coach will keep whatever you say private and confidential.

How do I know they will not tell someone else what I said?

Coaches are trained and instructed to keep what you tell them private. They know privacy and trust are vitally important in relationships like this.

There are a few exceptions.

- If your coach suspects you are being harmed, in danger to yourself or to others, they have an obligation to report that to the proper authority – the same as the school.
- If your conversations focus on subjects beyond their role that deserve support, with dignity and respect for you, they will reach out to the designated school staff for guidance.

Who are these people?

All the coaches are volunteers trained to support teens and young adults who can benefit from additional support. They are doing this for the right reasons – they care.

Do they really care about me? They don't even know me.

The type of people who volunteer for this are genuinely interested in being supportive and helpful. They are not here to rescue or fix you or tell you what to do. After being trained in coaching they wish they had a coach when they were young.

Do I have to tell them everything?

No. You are always the one to decide what your coaching conversations will be about and what you would like to share.

What will coaching do for me?

That is up to you. Each coaching relationship is different and what each person gets from coaching is unique.

A high school student who was coached said, “My coach listened to my goals. She helped me see that what I am doing in school has a connection to what I want to do later. I didn't see that before.”

The benefit of coaching is that we can see things in a new way that we “didn't see before.”

