

Youth Coaching Program: Fundamentals Syllabus

Building the Foundation for Life Success

Program Philosophy: Just like in sports, life is built on fundamentals. Without mastering accountability, goal-setting, decision-making, perseverance, and faith, students cannot succeed no matter how talented they are. This program teaches the “game IQ” of life.

30-DAY IGNITION PROGRAM

Duration: 4 weeks | **Sessions:** 2 x 60-minute 1-on-1 sessions | **Investment:** \$750

Week 1: The Mirror & The Message

Session 1: Accountability Audit

- **Learning Objectives:**
 - Understand the difference between blame and responsibility
 - Identify personal vs. external factors in current challenges
 - Begin the accountability mindset shift
- **Topics Covered:**
 - What is accountability? (Not blame, not shame—ownership)
 - The “Mirror Exercise”: Looking at your own choices, not others’ failures
 - Identifying where you’re playing victim vs. where you’re in control
 - The cost of excuses (short-term comfort, long-term consequences)
- **Homework Assignment:**

- Daily accountability journal: Write 3 decisions you made today and their outcomes (good or bad)
- Identify one area of your life where you've been blaming others—reframe it as your responsibility
- **Expected Outcome:** Student recognizes at least one area where they have more control than they thought

Session 2: The Choice Framework

- **Learning Objectives:**
 - Understand that every choice has a ripple effect
 - Learn to pause before deciding
 - Connect choices to consequences (positive and negative)
- **Topics Covered:**
 - The “Choice Consequence Continuum”: Small choices → Big outcomes
 - Real-world case studies (including the coach’s story)
 - The pause: How to slow down decision-making
 - Good choices vs. bad choices: The pattern recognition
- **Homework Assignment:**
 - Identify one “small choice” you made this week that had a bigger impact than expected
 - Write about a time a small bad choice led to bigger problems
 - Practice the pause: Before making a decision, ask “What’s the ripple effect?”
- **Expected Outcome:** Student can articulate how their choices directly impact their future

Week 2: Goals & Vision

Session 3: Goal-Setting Fundamentals

- **Learning Objectives:**
 - Learn the difference between dreams, big goals, and daily goals

- Create a personal vision statement
- Build a 90-day goal plan

- **Topics Covered:**

- The 5 Keys framework applied to goal-setting
- SMART goals vs. vague wishes
- Short-term (daily/weekly), medium-term (3-6 months), long-term (1-5 years) goals
- Vision boarding: Making goals visual and real
- The role of faith and belief in achieving goals

- **Homework Assignment:**

- Create a personal vision statement (1-2 sentences about who you want to become)
- Set 3 goals for the next 30 days (academic, personal, social)
- Identify daily actions that support these goals
- Create a vision board (digital or physical)

- **Expected Outcome:** Student has written goals and a clear 30-day action plan

Session 4: Perseverance & Faith

- **Learning Objectives:**

- Understand that setbacks are part of the journey
- Build resilience through faith (in self, others, higher power)
- Create a personal “comeback plan”

- **Topics Covered:**

- The coach’s story: Prison to purpose (resilience in action)
- What is faith? (Not religion, but belief in yourself and something bigger)
- The role of perseverance in achieving goals
- How to handle failure without quitting
- Building your support system (who believes in you?)

- **Homework Assignment:**

- Write about a time you almost gave up—what kept you going?
- Identify 3 people who believe in you (your support system)
- Create a “comeback plan”: What will you do when you fail or face setbacks?
- Daily affirmation: Write one thing you believe about yourself
- **Expected Outcome:** Student has a resilience plan and understands that failure is part of success

3-MONTH TRANSFORMATION PROGRAM

Duration: 12 weeks | **Sessions:** 6 x 60-minute bi-weekly sessions | **Investment:** \$2,100

Month 1: Foundations (Weeks 1-4)

Week 1: Accountability Audit & Mirror Work

- Session 1 (as above)
- Session 2 (as above)
- **Additional Depth:**
 - Explore family patterns: Where did you learn to blame? To own?
 - Identify triggers that make you defensive
 - Practice the accountability conversation with a trusted adult

Week 2: The Choice Framework & Consequences

- Session 3 & 4 (as above)
- **Additional Depth:**
 - Map out a past mistake and trace the small choices that led to it
 - Identify your “high-risk” decision-making moments (stress, peer pressure, etc.)
 - Create a decision-making checklist for high-stakes choices

Week 3: Goal-Setting & Vision

- **Session 5: Vision Clarity**
 - Refine vision statement based on Week 1-2 learning

- Identify core values (what matters most to you?)
- Connect values to goals
- Explore obstacles to achieving goals

- **Homework:**

- Values exercise: Rank your top 5 values and explain why
- Obstacle mapping: What's stopping you from your goals?
- Create a 90-day goal breakdown (30-day, 60-day, 90-day milestones)

Week 4: Perseverance, Faith & Support Systems

- **Session 6: Building Resilience**

- Deep dive into the coach's story (failures, prison, comeback)
- Identify your personal resilience triggers
- Build your support team
- Create accountability partnerships

- **Homework:**

- Interview someone you admire about their perseverance story
- Reach out to 3 people in your support system and thank them
- Write a personal mission statement (who you are, what you stand for)

Month 2: Implementation (Weeks 5-8)

Week 5: Time Management & Priorities

- **Session 7: The Time Audit**

- Where is your time actually going?
- Identify time-wasters vs. time-investments
- Create a weekly schedule aligned with your goals
- The Pareto Principle: 20% of efforts = 80% of results

- **Homework:**

- Track your time for 3 days (hour by hour)
- Identify your top 3 priorities

- Create a weekly schedule that reflects your goals
- Eliminate one time-waster

Week 6: Decision-Making Under Pressure

- **Session 8: Peer Pressure & Social Dynamics**
 - How to say no without losing friends
 - Identifying toxic vs. supportive relationships
 - Making decisions aligned with your values (not others' expectations)
 - The cost of people-pleasing
- **Homework:**
 - Identify one relationship that doesn't serve your goals
 - Practice saying no to something you don't want to do
 - Write about a time you made a choice to please others instead of yourself
 - Identify your "non-negotiables" (things you won't compromise on)

Week 7: Academic & Life Integration

- **Session 9: School as a Training Ground**
 - How school mirrors life (deadlines, accountability, consequences)
 - Building academic discipline as life discipline
 - The connection between grades and future opportunities
 - Creating a study system that works for you
- **Homework:**
 - Audit your current grades and effort level
 - Create a 30-day academic improvement plan
 - Identify one class/subject you're struggling with and get help
 - Reflect: How does your school performance reflect your accountability?

Week 8: Social Media & Digital Citizenship

- **Session 10: Your Digital Footprint**
 - What you post is permanent
 - The connection between online choices and real-world consequences

- Building a positive digital presence
- Privacy, safety, and boundaries online
- **Homework:**
 - Audit your social media accounts (would your parents/coaches be proud?)
 - Delete or private anything you wouldn't want a college to see
 - Create a “digital values statement” (what you will and won’t post)
 - Identify one positive way to use social media

Month 3: Mastery & Integration (Weeks 9-12)

Week 9: Mental Health & Self-Awareness

- **Session 11: Emotions & Decision-Making**
 - How emotions drive choices (especially bad ones)
 - Identifying your emotional triggers
 - Building emotional intelligence
 - When to ask for help (counseling, therapy, mentorship)
- **Homework:**
 - Emotion tracking: Notice what you feel and why
 - Identify your top 3 emotional triggers
 - Create a “calm down” toolkit (what helps you regulate emotions?)
 - Reach out to a counselor or mentor if you’re struggling

Week 10: Relationships & Communication

- **Session 12: Healthy Relationships**
 - How to communicate authentically
 - Setting boundaries
 - Conflict resolution
 - The role of relationships in accountability
- **Homework:**
 - Have one difficult conversation you’ve been avoiding

- Practice active listening with someone you care about
- Identify one relationship you want to strengthen
- Write about what healthy relationships look like to you

Week 11: Financial Literacy Basics

- **Session 13: Money & Choices**
 - The relationship between choices and money
 - Basic budgeting and saving
 - Understanding debt and credit
 - The long-term cost of short-term decisions (drugs, alcohol, legal trouble)
- **Homework:**
 - Track your spending for a week
 - Create a simple budget
 - Research the cost of one “bad choice” (DUI, rehab, legal fees)
 - Set a financial goal for the next 6 months

Week 12: Integration & Future Planning

- **Session 14: 90-Day Review & 1-Year Vision**
 - Review progress on original goals
 - Celebrate wins and learn from setbacks
 - Adjust goals based on learning
 - Create a 1-year vision and action plan
 - Identify next steps (continued coaching, peer mentorship, etc.)
- **Homework:**
 - Write a reflection: How have you changed in 90 days?
 - Set new goals for the next 90 days
 - Create a personal “constitution” (your values and non-negotiables)
 - Plan how to maintain accountability after coaching ends

6-MONTH MOMENTUM PROGRAM

Duration: 24 weeks | **Sessions:** 12 x 60-minute bi-weekly sessions | **Investment:** \$3,900

Includes all 3-Month content PLUS:

Month 4: Advanced Resilience (Weeks 13-16)

Week 13: The Resilience Roadmap

- Deep dive into the 5 Keys framework
- How resilience shows up in real life (school, relationships, challenges)
- Building a personal resilience plan
- Identifying your “comeback triggers”

Week 14: Handling Failure & Rejection

- Learning from mistakes without shame
- The difference between failure and identity
- Bouncing back from social rejection, academic setbacks, etc.
- Creating a “failure recovery protocol”

Week 15: Building Confidence & Self-Efficacy

- The role of small wins in building confidence
- Imposter syndrome and how to overcome it
- Celebrating progress
- Developing a growth mindset

Week 16: Leadership Foundations

- How accountability makes you a leader
- Influencing others through your choices
- Being a positive peer influence
- Standing up for what’s right

Month 5: Social Navigation & Influence (Weeks 17-20)

Week 17: Peer Pressure & Substance Awareness

- Understanding why teens use drugs/alcohol
- The real costs (health, legal, academic, social)
- How to refuse without judgment
- Recognizing addiction signs in yourself and others

Week 18: Toxic Relationships & Red Flags

- Identifying unhealthy friendships and romantic relationships
- Manipulation, control, and abuse (recognizing warning signs)
- How to leave relationships that don't serve you
- Building healthy boundaries

Week 19: Social Media Deep Dive

- Comparison and mental health
- FOMO, anxiety, and social media
- Building authentic connections online
- Protecting your mental health in a digital world

Week 20: College Prep & Future Planning

- Exploring college options and career paths
- The role of grades and test scores
- Extracurricular activities that matter
- Starting to think about your future (without pressure)

Month 6: Integration & Legacy (Weeks 21-24)

Week 21: Financial Literacy Advanced

- Budgeting for independence
- Understanding student loans and financial aid

- Building credit responsibly
- Long-term financial planning

Week 22: Mental Health & Wellness

- Creating a personal wellness plan
- Recognizing anxiety and depression
- Building healthy coping mechanisms
- When and how to seek professional help

Week 23: Purpose & Legacy

- What do you want to be known for?
- How your choices impact others
- Building a legacy of integrity
- Giving back and mentoring others

Week 24: 6-Month Integration & 1-Year Planning

- Review all 6 months of learning
- Celebrate transformation
- Identify areas for continued growth
- Create a 1-year vision with accountability partners
- Plan for ongoing support and mentorship

1-YEAR MASTERY PROGRAM

Duration: 52 weeks | **Sessions:** 24 x 60-minute bi-weekly sessions | **Investment:** \$7,200

Includes all 6-Month content PLUS:

Months 7-12: Advanced Modules & Real-World Application

Ongoing Themes Throughout Year:

- Monthly accountability check-ins
- Quarterly parent-student alignment sessions
- Real-time crisis support and guidance
- Personalized goal tracking and adjustment
- Building a personal board of advisors
- Developing leadership and mentorship skills

Additional Advanced Topics:

- Entrepreneurship and side hustles
- Public speaking and communication
- Conflict resolution and mediation
- Building a personal brand
- Understanding privilege and social responsibility
- Navigating identity and belonging
- Advanced financial planning
- Career exploration and internships
- Building a support network for life
- Creating a personal development plan for adulthood

Expected Outcomes After 1 Year:

- Complete transformation in accountability mindset
- Clear vision for future (college, career, life)
- Strong support system in place
- Healthy coping mechanisms for stress
- Ability to make decisions aligned with values
- Resilience to handle setbacks
- Leadership qualities demonstrated
- Financial literacy and responsibility
- Mental health awareness and self-care practices
- A personal mission and legacy plan

Program Success Metrics

Student Will Demonstrate:

- ✓ Ownership of decisions and outcomes (no blame)
- ✓ Written goals with action plans
- ✓ Improved academic performance (if applicable)
- ✓ Stronger relationships and communication
- ✓ Ability to handle setbacks without quitting
- ✓ Awareness of personal values and non-negotiables
- ✓ Healthy decision-making under pressure
- ✓ Confidence in their future
- ✓ A support system they can rely on
- ✓ A clear vision for their life

Parent Involvement

Parents are expected to:

- Support the student's accountability journey (not rescue them)
- Attend quarterly check-in sessions
- Model the 5 Keys in their own lives
- Reinforce learning between sessions
- Celebrate progress and growth
- Maintain open communication with the coach

This is a family transformation, not just a student transformation.

Flexibility & Customization

While this syllabus provides structure, coaching is personalized. If a student is struggling with specific issues (mental health, substance abuse, relationship trauma, etc.), we will adapt the curriculum to address their actual needs while maintaining the foundational framework.

The goal is transformation, not just information.