



LIFE COACH FOR YOUNG MEN

DONOVAN
—*Life Coach*—

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for Young Men

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Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen.

Pete Carroll





WHAT IS A LIFE COACH?

A life coach helps people set and achieve personal and professional goals. They provide guidance, support, and strategies to help clients overcome obstacles, improve self-awareness, and maximize their potential. By focusing on strengths and aspirations, life coaches empower clients to make positive changes and reach their full potential.

Life coaches use a variety of techniques, such as goal-setting, active listening, and motivational interviewing, to help clients clarify their vision and create actionable plans. They offer accountability and encouragement, ensuring clients stay on track and make consistent progress. Through regular sessions and ongoing support, they help clients navigate challenges, celebrate successes, and ultimately achieve a more fulfilling and balanced life.



An introduction to

LIFE COACHING FOR YOUNG MEN

The Life Coaching for Young Men program is a tailored, 12-week one-on-one, online coaching journey designed to help young men navigate personal and professional challenges.

This program focuses on building self-esteem, managing academic and social pressures, improving family relationships, and enhancing mental health.

Through personalised guidance, goal-setting, and positive psychology techniques, the program empowers young men to discover their strengths, set achievable goals, and develop the skills needed for long-term success.

MY MISSION

My mission is to empower young men to realise their full potential by providing personalised coaching that fosters self-discovery, resilience, and growth.

I aim to support them in overcoming challenges, building confidence, and achieving their personal and professional goals, ultimately leading to a more fulfilling and balanced life.



THE COACHING PROGRAM OUTLINE

Week 1: Getting Started and Setting Goals

Get to know each other and set clear goals.

Week 2: What is Your Life Purpose

Conceptualise a life based on purpose.

Week 3: Dealing With Procrastination

Identify and overcome the causes of procrastination.

Week 4: What it Means to Be a Man

Explore and understand masculinity.

Week 5: Balancing Independence and Responsibility

balance between independence & responsibility.

Week 6: Discovering Your Strengths

Understand your strengths and what makes you unique.

Week 7: Building Confidence

Improve your self-esteem and self-worth.

Week 8: Improving Family Relationships

Enhance family communication and understanding.

Week 9: Handling Stress

Learn to cope with academic/job/life pressure.

Week 10: Understanding Mental Health

Raise awareness about mental health.

Week 11: Effectively Dealing With Failure

Transform setbacks into opportunities for growth.

Week 12: Building Resilience

Learn to bounce back from setbacks.

COACHING PROGRAM PRICE

Bronze

4 Session Package

R3 400

0% Discount

This includes:

Weeks 1 - 4

Weekly online sessions

Post-session activities

Ongoing support

Gold

8 Session Package

R6 460

5% Discount

This includes:

Weeks 1 - 8

Weekly online sessions

Post-session activities

Ongoing support

Platinum

12 Session Package

R9,180

10% Discount

This includes:

Weeks 1 - 12

Weekly online sessions

Post-session activities

Ongoing support

CLIENT TESTIMONIALS

Stef

“Working with Donovan has been a game-changer for me. I've gained so much confidence and learned how to manage stress better. My relationships with my family have improved, and I feel more in control of my future. I highly recommend this program to any young man looking to grow and succeed.”

Mpho

“As a mom, I can't express enough how grateful I am. I've seen incredible changes in my son. He's more confident, communicates better with our family, and handles stress more a lot better. This program is great for any parent looking to support their son's success.”



THANK YOU!

M Y C O N T A C T D E T A I L S

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