

**START**

**Aged Between  
11-17?**

Could you do with some time or help to support you to do the things that are really important to you?

Your Goals  
Your Journey  
Your Future....

# YOUR CHOICE

Would you like to set some goals that are meaningful for you?

Do you have some goals that you would like to achieve?

On the Your Choice programme you will have a dedicated Your Choice Coach, guiding and supporting you to achieve your goals.



Your Goals

Your Choice

12

You will have the opportunity to work towards your goals with your coach 3 times each week during the 12-week programme.

Over 12 weeks you will be supported to come up with some goals that are important to you and work towards achieving them.

Your very own Your Choice Coach has undertaken training in Cognitive Behavioural Tools and Techniques.

This means that your Coach will be able to support you to plan activities and set goals that are important to you. You will also be able to learn new skills in the brain gym; to better understand how your thoughts and feelings can influence how you behave and learn new ways for managing this to enable you to achieve your goals.



You will be able to keep a record of your goals to track your progress and celebrate your achievements. This will not only help you to stay focused but is also really good for your mental health.



**CHECK POINT**

**FINISH**  
Complete consent form with your coach to sign up today!

You will be taking a record of your learning and achievements through the finish line with you, so that you can remember what you have learnt and achieved and continue on your journey of awesomeness!