

BENEFITS FOR TEENS & YOUNG ADULTS

- ◆ Make better choices about: friends, family, school, college, future
- ◆ Experience and increase in confidence and self-esteem
- ◆ Develop healthier relationships
- ◆ Avoid the pitfalls of peer pressure
- ◆ Unlock their potential



BENEFITS FOR PARENTS & GUARDIANS

- ◆ Provide youth with the essential tools and support for success
- ◆ Enhance the family experience – strengthening the bond between child and family
- ◆ Empower child to reach their full potential

NEXT PROGRAM BEGINS

Sunday Class – 3:30 to 5:00 pm

1/28, 2/4, 2/11, 2/18, 2/25, 3/4
Educational Resource Center
Livingston, NJ

Thursday Class – 6:30 to 8:00 pm

2/1, 2/8, 2/15, 2/22, 3/1, 3/8
19 Stone Drive
West Orange, NJ

\$595

(Includes workbook & 2 individual coaching sessions)

Space is limited

PEOPLE TALK ABOUT COACH RANDY

Coach Randy has a special gift when it comes to working with young people. His talents were evident during each lesson. The students gravitated to him as he ran the sessions. Even the most reluctant students were touched by his masterful approach to teaching and communicating.

Mrs. Janice Naldi (Principal)

Coach Randy has an exceptional way of relating to teenagers. He is very sensitive to their needs and develops an excellent rapport with them. Teenagers truly look up to him. Through Coach Randy's encouragement and coaching, my son expanded his leadership skills and in the process formed an incredible close bond that exists to this day. Coach Randy found ways in which my son could stretch his limits, mature as an individual and reach his potential, ready for the challenges of college and the future ahead.

Bonnie Hollis (Parent)

Coach Randy has and continues to help me achieve my personal goals, and pushes me to my full potential. He is a wonderful mentor for all teens as an advisor, a personal coach, and most importantly, a friend. If there is a man who I will remember in 20 years, and a man who I can honestly admit has changed my life for the better, that man would be Coach Randy.

Jordan Kaplan (High School Senior)

Coach Randy is a master motivator and mentor. He provided our parents constructive and positive ways to understand youth behavior and empower their children when facing challenges. Coach Randy gave more than helpful suggestions; he provided a larger framework on overcoming obstacles from which the entire school community can learn and benefit. I only wish we could have him with us everyday!

Diane Thomson (PTA President)

The LEAP Program

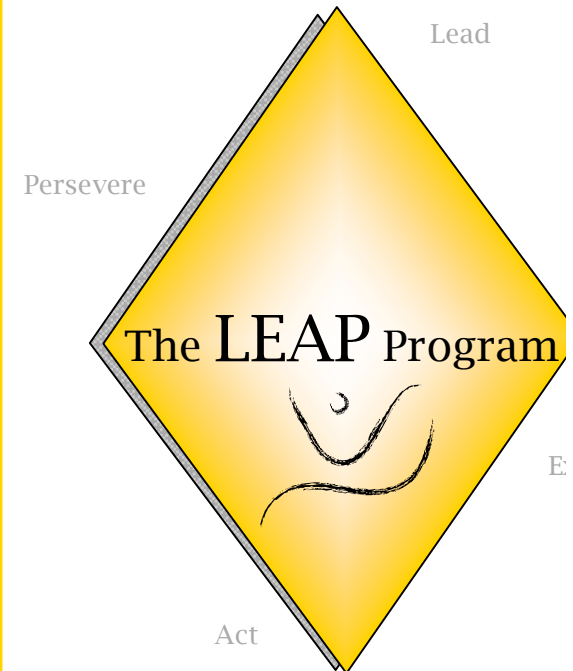
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Take the LEAP



inspire. motivate. empower.

Randy Nathan, MSW, CEC
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TAKE THE LEAP – EMPOWERING TEENS & YOUNG ADULTS TO BE THEIR BEST!

The LEAP Program helps youth and teens identify their purpose and desires, overcome their limiting beliefs, develop an action plan to achieve their goals, and implement that plan into their life.

Using a focused and effective coaching process, the individuals who participate in the LEAP Program will have greater respect for the choices they make, increased confidence in themselves, better decision making skills, stronger relationships with friends and loved ones, and more motivation and commitment towards their future.

THE FOUR CORNERSTONES

LEAD—identifies inner purpose, values and desires.

EXCEL—motivates individuals to overcome obstacles in life through leadership principles.

ACT—connects youth with a powerful force that has the ability to turn goals into reality.

PERSEVERE—provides the opportunity to learn about the behaviors and beliefs that hold us back.

THE CORE PRINCIPLES

- ◆ I am who I choose to be
- ◆ My life is a journey, not a destination
- ◆ There are no mistakes, only opportunities
- ◆ I am greater than I appear to be
- ◆ I am here for a special purpose

PROGRAM AT-A-GLANCE

6 Session Program

- ◆ Session 1 – Beginnings
- ◆ Session 2 – Lead
- ◆ Session 3 – Excel
- ◆ Session 4 – Act
- ◆ Session 5 – Persevere
- ◆ Session 6 – New Beginnings

The LEAP Program includes a workbook and 2 – 30 minute individual coaching sessions



WHO IS COACH RANDY?



Since 1985, thousands of teenagers have benefited from Coach Randy's motivation, training, facilitation and coaching services. Having earned his BA from the University of Colorado, an MSW from the

University of Southern California, and a certificate in empowerment coaching from the Institute of Professional Empowerment Coaching, Coach Randy has worked with youth as a teen worker, educator, clinician, athletic coach, camp director, and personal empowerment coach.

Coach Randy spends valuable time each week discussing the major challenges and relevant opportunities facing our teens to better prepare and *inspire* them for adulthood. Whether in middle/high school, college, or facing graduation, Coach Randy connects with his clients and *motivates* them to overcome obstacles and achieve their own personal goals and dreams.

Coach Randy is a national keynote speaker and workshop facilitator. His hands-on experience coupled with his background, education and training, has proven to be extremely beneficial to his clients. His sense of humor, sensitivity and contagious enthusiasm stimulate and *empower* clients of all ages.

The LEAP Program is a culmination of twenty years of commitment to youth, teens and young adults. Through the Four Cornerstones and the five Core Principles teens are taken on a journey of self-discovery, empowerment, and life fulfillment. The LEAP Program is designed for anyone who wants to learn more about their life, challenges and dreams.

Randy is married to Jessa and has three children.

To learn more about The LEAP Program and a free coaching session please contact:

Phone: 973-736-6558

Email: coachrandy@ypcoach.com

www.ypcoach.com