

# Personal coaching for teenagers

Wided LAHMAR

Tunisia





# Background

**Adolescence** is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to adulthood.

Then it can be defined biologically, as the physical transition marked by the onset of puberty and the termination of physical growth; importantly, changes in the ability to think abstractly and multi-dimensionally; or socially, as a period of preparation for adult roles.

Major biological changes during teenage years include changes in height, weight, and muscle mass, as well as major changes in brain structure and organization. The above changes are a result of hormonal growth in the organism.



# Overview

- The 2 days camp will help teenagers who are going through a complicated time of their life. During this time, some teenagers tend to keep themselves away from their family and do not socialize, at times they also take drugs and in extreme cases they even try to commit suicide.
- At such an important phase of life, there is need for initiatives that can help teenagers go through their these times of life in a way that not only help them realise their present, but they can also work towards their future.



# Objectives

- Make teenagers understand what they are going through, the better they understand the changes they are going through, the easier it is to overcome them.
- Have one-to-one sessions with teenagers to help them share their stories, their obstacles and their personal life. Give advice and counselling on these issues.
- Share common stories and share knowledge on aspects of teenage life and the challenges teenagers have to overcome in different parts of the world.
- Advise and convince teenagers to practice and have healthy and useful habits that will make them positively engaged in life.
- Teach teenagers the value and support of their families and how they can utilize the love and support of their family in life.



# Target

- Teenagers outside school ( between 13 and 16 years )
- Highschool students (boys and girls)



# Summary

Workshop and sessions on :

- Knowledge about biological and physical growth.
- Skills on emotional state management
- Awareness of relationships and intimacy
- Identification of individual emotional needs.
- Dealing with family and parents issues.
- Identifying social behaviour patterns.



## Budget (USD)

|                    |            |
|--------------------|------------|
| ➤ Accommodation    | 200        |
| ➤ Food             | 100        |
| ➤ Transport        | 150        |
| ➤ Logistics        | 80         |
| ➤ Payment to Coach | 200        |
| ➤ <u>TOTAL</u>     | <b>730</b> |



# Linkages to Other Similar Activities

- SCORA ( Standing Committee On Reproductive health including Aids ) Generation program
- EVA Camp : Evasion, Vacances, Aventure

# Timeline

|                                  | Nov 2014 | Dec2014 | Jan2015 | Feb 2015 | Mar 2015 |
|----------------------------------|----------|---------|---------|----------|----------|
| Project planning and fundraising |          |         |         |          |          |
| Implementation                   |          |         |         |          |          |
| Evaluation                       |          |         |         |          |          |



# Stakeholders

- The Ministry of Social Affairs, Tunisia
- Team of SCORA ( Standing Committee On Reproductive health including Aids) , AssociaMed Tunisia
- « Femmes et Leadership » association
- High schools
- Youth



# Outputs and Evaluation

- Participant questionnaire
- Follow up meeting one month after the camp



# Contact

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