

# International Success Coaching

## What is Success Coaching?

Success Coaching is a mentoring program specially designed to prepare **international students for life on their own overseas.**

Many international students excel in academics, but they have not learned important life skills such as:

- Personal accountability
- Time Management
- Self-Discipline

Our program prepares students to **succeed on their own in a new culture.**



## Program Impact

This program was developed through mentoring 4,000+ professionals and college honors students for 28 years. In 2018, the program was adapted to help teenagers and their parents. It has seen tremendous results:

Performance Criteria	Metrics
Total Students	58
Program Satisfaction Rating	96%
% Families Who Improved Relationships	75%
% Decrease in Student Stress	-42%
% Increase in Happiness and Confidence	21%
% Students Who Improved Academics	53%
% Students Who Feel Closer to Parents	67%
% Students Who Did More Chores	47%
% Students Who Talked to Teachers More	53%

### Reported Student Improvements:

- Finding employment.
- College prep, application, & admission.
- Conquering bad habits.
- Improving time management.
- Dealing with stressful life events.
- Overcoming stress & depression.
- Better relationships with others.
- Finding their passion in life.
- Adding value and serving others.



# No-Influence Mentoring Model

## Our Approach

Success coaching uses three key principles of mentorship based off 28 years of proven industry research sourced from ASU and 40 years of family research:



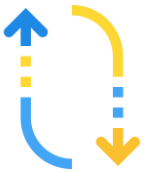
### **Individual** Centered

The student is more important than the mentor. Each coach tailors the program to the child's needs and goals. We work with them and their parents to help them make their lives more enjoyable.



### **Simplicity** Structured

Everything we teach is simple and can be taught in 10 minutes. Each lesson is designed to minimize a student's need to think in order to know what they must do to improve.



### **Action** Focused

In order to improve, we believe a child must take action. Coaches work with students to help them set goals in the four cornerstones of life (see page 3) that are measured to identify impact.

### **Our approach was created to help students:**

1. Learn who they are, learn to be happy, and decrease stress and worry.
2. Add value to society (identify an occupation).
3. Improve their family relationships.
4. Learn technical skills quicker.
5. Become more responsible.
6. Utilize expertise by asking for help from parents, teachers, and mentors.
7. Improve their people skills.



# Success Cornerstones

We believe that in order to help a student develop into a happy and successful person, the development of the four cornerstones of life is critical. Mentors work with each of their students on setting goals to improve each cornerstone.



## Personal

It is impossible to help others and add value to society if you are not able to take care of yourself. All successful people know how to maintain their physical, mental, and emotional well-being. A student with a stable personal cornerstone is:

- Healthy and Active
- Understands themselves (Likes and Dislikes)
- Self-Disciplined and Mature
- Productive and organized



## Family

Through family, we learn to love, serve, and provide for others and ourselves. Families are the greatest way to receive support and develop the skills required to be successful. A student with a stable family cornerstone spends time:

- Getting to know family members
- Contributing around the house and to the family
- Caring for family
- Learning from family (parents, relatives)



## Social

No matter what we decide to do in life the one thing that everyone will have to deal with is people. Social interaction is critical in every professional setting. Every profession is built around providing a social service. A student with a stable social cornerstone:

- Understands a wide variety of people
- Capable to express/understand emotions
- Capable to make new friends and connections
- Always inclusive



## School & Work

Professional life is the culmination of all experiences. In this area, a student should not only learn essential skills and knowledge for success, but also identify how they will add value to society. A student with a stable school & work cornerstone has:

- Practiced key skillsets or talents
- Learned how to improve in any area of their life
- Sufficient work/academic experience
- Have an idea of how they could add value to society



# Program Components

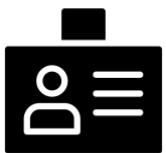
## How it Works

The success coaching program is made up of three major components. Over the course of the program, students are given numerous opportunities to receive leadership education and training.



### Coaching

1. Coaches are matched with students and meet with them for 30-minutes each week via video chat.
2. Coaches focus on identifying who the student is and their capability.
3. Coaches support students' cornerstone development as follows:
  - Goal Setting – Coaches help students create and track self-directed goals on one of the four cornerstone areas they want to improve in their life.
  - Personal Understanding – Expose students to natural laws, patterns and principles of life that can help them learn faster and understand more.
4. Quarterly parent mentorship calls – Coaches help the parents understand what their student is going through and how they can help them.



### Internships

1. Volunteer at LSA Programs – Internships are flexible and can last from 1 week to a whole summer.
2. Industry Internship Opportunities – LSA has partners in industry who are looking for smart students to mentor.

