



[www.JenniferCloseCoaching.com](http://www.JenniferCloseCoaching.com)

*Jennifer Close*

TEEN & YOUNG ADULT  
COACH

PROGRAMS

# Hi, I'm Jenn!

TEEN & YOUNG ADULT COACH

Hi, I'm Jennifer Close - mom; high school counselor; teen life coach; former cheer coach. I have been known as Coach Jenn since 2006 when I became head cheerleading coach for my former high school. The experience of building relationships with my team naturally evolved to pursuing a career in counseling. With nearly a decade of high school counseling experience, I understand the school setting, social dynamic, and have a unique ability to truly connect with my clients.

I have a Masters in School Counseling and am a life coach certified through the Integrated Wellness Academy. My passion is to support my clients to move from where they are now to where they want to be. Instead of looking back on their previous situations and experiences, the focus in our coaching programs is to look ahead and move towards overall wellness.



# The Programs

[JENNIFERCLOSECOACHING.COM](http://JENNIFERCLOSECOACHING.COM)

My mission is to help my clients better understand who they are, what they need, and where they want to go. Limiting beliefs and negative mindset are two of the biggest roadblocks to overcome when it comes to battling stress, low self-esteem or poor academics.

No matter the original belief, we work on our thoughts for a complete transformation. Wellness encompasses many areas such as mental, emotional, physical, and academic. Our mindfulness & mindset coaching is an all-in-one approach.

## Teen Talk

Group Sessions

## Grace and Grind

Private Sessions with Healthy Habits

## College

Support with the application process

## Academic

Organization and Skills

## Parent/Teen

Improving Communication



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Virtual or In Person Sessions

Located In Milford, CT

## TEEN TALK

This is a group coaching experience where teens come together to work on mindset, healthy habits and goal setting along with the additional layer of peer support. Understanding that the thoughts and feelings you have are more than likely thoughts and feelings a peer has or have had in the past. You are not alone in this journey and together we can move forward. This is an 8 week program with 45 minute sessions located in our downtown Milford space.

## GRACE & GRIND

Our traditional private coaching experience, where we work one on one along with a customized workbook. Some of the topics covered may include creating a positive mindset using a journaling process of strengths and gratitude, improving sleep routines, healthy eating or exercise. Clients guide the sessions to focus on what they may be needed that week and the goals they want to accomplish. This is an 8 week program with 30 minute sessions. These coaching sessions can be held virtually or in person in our Milford space.

## EXECUTIVE FUNCTIONING

We work on increasing academic progress and meeting success in the classroom. Areas we review are schedule creation, time management, goal setting, list building, organization systems, communication skills and advocacy of needs. Working on follow through and accountability may require a check in between sessions by text or email. This is an 4 week program of 30 minute sessions. These coaching sessions can be held virtually or in person in our Milford space.

## COLLEGE COACHING

This is built for Junior or Seniors looking to get a head start or possibly catch up on the college application process. This process should be fun and exciting, not stressful. We will work together to ensure the client has an even list of schools including safety, match and goal schools. We will organize deadlines and work through the common application to ensure it is completed early to take advantage of the early deadlines. Clients will feel in control and organized throughout the process, instead of scattered or confused. This is a 4 week program of 45 minute sessions. These coaching sessions can be held virtually or in person in our Milford space.

## PARENT/TEEN COMMUNICATION

Strengthen your relationship by improving your communication. Instead of the constant struggles and negative talk, we break down the barriers that may be in the way. This is a space to open up about what is or is not working with your communication styles. Identify areas to work on and set goals to move forward together. This is a 3 week program of 45 minute sessions, either virtual or in person.



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### GET IN TOUCH

I am happy to help with any or all of your needs. If you have a question and are not sure which program is best for you, please do not hesitate to reach out!

*Jennifer*