


YOUTH COACHING

SIVUKA YOUTH



EMPOWERMENT THROUGH YOUTH COACHING: TRANSFORMATIVE JOURNEYS FOR A BRIGHTER FUTURE

Unlock the full potential of your interns with our proven Youth Coaching Program. With years of dedicated experience and credentialed Youth Coaches in the niche market, we have holistically Coached and healed thousands of young individuals, fostering remarkable improvements in performance, motivation, and self-confidence. Against the backdrop of South Africa's challenging landscape, our impactful work extends beyond individual development, leaving an indelible mark on communities and society at large.

www.sivukayouth.com

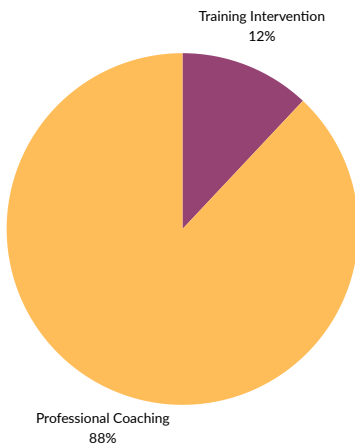


“These sessions have been an eye opener. The impact my coach has made in my life will forever be appreciated. She is a gem!”
- Lindiwe Padosa

PROVEN EXPERTISE OF NURTURING POTENTIAL IN A CHALLENGING LANDSCAPE

We understand that the success of your interns is paramount, not only for their personal growth but also for the positive ripple effect they can create within your organization and the broader community.

Our approach is backed by extensive research, including a recent study conducted by Public Personnel Management, affirming the tangible benefits of our youth coaching interventions.



The results speak volumes: increased productivity, heightened motivation, and a notable boost in self-confidence among participants compared to traditional training are just some of the reasons why Coaching is far more effective than training alone.

Sivuka Youth has successfully Coached thousands of young people entering this particularly challenging part of life with transformative results.

Source: *Professional Coaching as a transfer of training tool: Effects on Productivity. Winter, 1997*



HEART-CENTERED COACHING: CREATING SAFE SPACES FOR YOUNG PROFESSIONALS

At the core of our Youth Coaching program is a heart-centered approach that goes beyond traditional Coaching methods. We recognize the vulnerability and excitement that young individuals experience as they enter the professional world. Our coaching philosophy is grounded in creating a safe and nurturing environment, where each participant is seen, heard, and valued. We understand that personal growth flourishes in an atmosphere of trust and empathy. Through heart-centered Youth Coaching, we establish a connection that transcends the professional realm, allowing young minds to explore, express, and evolve. This approach not only fosters self-discovery but also ensures that the journey into the workplace is one guided by support, compassion, and a genuine commitment to the holistic well-being of each individual.

communication

time management work ethic
confidence

knowledge stress management

interpersonal skills appearance

Source: Professional Areas of Youth Coaching. Sivuka Youth Youth Coaching Data of Learners and Interns Coached between 2021 - 2023



A central purple circle with a yellow border contains the text 'SIVUKA YOUTH COACHING PROGRAM'. Five lines radiate from this circle to five colored boxes, each containing a number in a circle and a benefit description. The boxes are: 1. Increased Self-Confidence (purple), 2. Heightened Motivation (blue), 3. Enhanced Performance (light blue), 4. Leadership Readiness (yellow), and 5. Cultivation of a Learning Mindset (green).

SIVUKA YOUTH COACHING PROGRAM

1

INCREASED SELF-CONFIDENCE:

One of the most transformative outcomes is the boost in self-confidence. Through personalized coaching sessions, interns develop a deeper understanding of their strengths, allowing them to navigate challenges with resilience and assertiveness.

2

HEIGHTENED MOTIVATION:

Specialised Youth Coaching empowers interns to discover and cultivate their intrinsic motivation. By aligning personal aspirations with professional objectives, interns find renewed enthusiasm, translating into sustained commitment and passion for their work and careers

3

ENHANCED PERFORMANCE:

By discovering and working through self-limiting blocks, youth are able to build their skills and are more open to learning more effectively than training alone. Youth coaching consistently increases performance

4

LEADERSHIP READINESS:

We aim to cultivate future leaders. Interns who undergo our coaching program gain valuable insights into leadership principles, decision-making, and team dynamics, setting the stage for them to step confidently into leadership roles in the future.

5

CULTIVATION OF A LEARNING MINDSET:

Our coaching instills a proactive approach to learning. Interns develop a growth-oriented mindset, embracing challenges as opportunities to learn and grow. This mindset fosters resilience, adaptability and a continuous pursuit of improvement.

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A large, stylized orange quotation mark graphic.

“

“This experience has
been life changing!”

- Maphogole Makakase

The Sivuka logo, featuring a stylized 's' icon followed by the word 'sivuka' in a lowercase, sans-serif font.



“The best way to describe my experience is a breath of fresh air. I found a way to breathe and offload what I have been feeling and found a place of safety. My Coach was absolutely fantastic and brought a sense of warmth and genuine care in each session.”

- Anonymous

By investing in our Youth Coaching program, you're not just fostering individual talent; you're contributing to a more empowered, resilient, and impactful generation.

Join us in shaping the future leaders of tomorrow—leaders who not only thrive within your organization but also make a lasting difference in society.

Together, let's redefine the narrative for South Africa's youth and build a brighter, more promising future.

#SIVUKAMAGIC #TOGETHERWERISE

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1

IGNITE

- Ideal for Interns and Learners with less than 2 years experience
- 2 1-hour personalised Professional Coaching sessions
- Includes Professional Development Goal setting and self-discovery exercises
- 1:1 Coaching Virtually

R3 000

2

THRIVE

- Designed for individuals between 2- 5 years of experience
- 3 1-hour coaching sessions.
- Focused skill development, professional growth and career planning
- 1:1 Coaching Virtually

R5 600

3

ELEVATE

- For those ready to make a significant change in their lives with over 5 years of experience. This is for young talent that are ready for leadership roles or are new to leadership roles.
- 6 1-hour Professional Coaching sessions.
- Comprehensive goal setting, skill development, and ongoing support.
- 1:1 Coaching Virtually

R10 500

4

TRANSFORM

- Ideal for interns and learners with less than 2 years experience
- 2 90 minute coaching sessions for 2 - 3 coachees
- Includes Professional Development Goal setting and self-discovery exercises aligned with individual development.
- Group Coaching Virtually

R 8 000

ADD ONS:

Insights Discovery Assessment Basic
Student Profile.....R 750.00

Insights Discovery Assessment Full
ProfileR1 800.00

Work Readiness Manual.....R 850.00