



Who is on your team?
Defining Your Support System

Life Success
for Teens



DID YOU KNOW?

Research shows that having a support system decreases anxiety and depression, improves coping skills and helps individuals live a longer and healthier life.

Who is on your team?

Write down the people you turn to for support in the first column. Who do you go to when you need something? It may be for guidance, a pick-me-up or just a laugh. In the second column, write their relationship to you. Is this person your teacher, friend, boss, parent etc.? In the last column, write what this person is good at. What can he or she always be counted on for?

Name	Relationship	How is he/she helpful? What is he/she good at?
Mrs. Borrell	Guidance Counselor	Mrs. Borrell's office is a place I can go and sit by myself for 5 minutes when I'm having a bad day.

In case we haven't met yet...

I'm **Natalie Borrell**. In my work as a School Psychologist and **Academic Life Coach**, I have helped hundreds of teenagers to **develop skills** that will **benefit** them long **after high school**. The other coaches on my team (Alison and Sara) both work in the field of education.

I'm also a toddler mom and closet HGTV addict with a special knack for motivating teenagers. Connect with me via email

[here](#) or on Facebook [here](#).

I'd love to talk to you about coaching your teenager.

For more information, contact me at:

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A few ways we can help your teenager:

1. Free Tips and Tools... Subscribe to receive our best tips and tricks sent directly to your inbox.
2. Individual Coaching - we offer one on one coaching designed to help your teenager develop the skills they need in the real world.
3. Workshops - we provide workshops on topics such as study skills, motivation, organization, and goal setting.