



EF TakeOff **Coaching**

Talking to Your Middle or High Schooler About Coaching

A Parent Guide from EF TakeOff Coaching

✓ What Helps

- **Acknowledge their perspective**
 - “I hear that you don’t see this as problem.”
 - “That makes sense from your point of view.”
- **Name observations, not judgments**
 - “We’ve noticed school feels more stressful lately.”
 - “We’re seeing more last minute pressure.”
- **Use curiosity**
 - “If something were frustrating, what would it be?”
 - “If school felt easier, what would be different?”
- **Normalize skill challenges**
 - “A lot of capable students struggle with planning.”
 - “These are skills, not personality traits.”

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