



Emotional Resilience for young people



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Unlocking Emotional Resilience in Young People



Supporting children and teens in developing emotional resilience is one of the greatest gifts we can give them.

At Yellow Spoke Coach, we provide trauma-informed coaching to help young people navigate challenges, build confidence, and develop essential life skills. Our approach benefits not just the young people we work with, but also parents, educators, and caregivers who play a vital role in their development.

Why Emotional Resilience Matters

Resilient young people are better equipped to:

- ✓ Handle stress and adversity with confidence**
- ✓ Build strong, healthy relationships**
- ✓ Improve focus and performance in school**
- ✓ Develop self-awareness and emotional regulation**
- ✓ Adapt to change and overcome setbacks**

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Benefits for Parents & Caregivers

- ✓ Gain deeper insights into your child's emotional well-being
- ✓ Learn practical strategies to support their growth
- ✓ Reduce stress and improve communication within the family
- ✓ Foster a stronger, more connected relationship with your child

Benefits for Educators & Schools

- ✓ Support student well-being, leading to better classroom engagement
- ✓ Create a safe and nurturing learning environment
- ✓ Equip students with essential coping skills for academic and personal success
- ✓ Strengthen the school community by fostering emotional intelligence

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How Yellow Spoke Coach Can Help

- ✓ **Personalised Coaching - One-on-one sessions tailored to each child's unique needs**
- ✓ **Group Workshops - Interactive learning experiences that build resilience and peer support**
- ✓ **Parent & Educator Support - Tools and guidance to help you create a nurturing environment**
- ✓ **Proven, Trauma-Informed Approach - A safe, supportive space for growth and healing**

Get Started Today

Take the first step in supporting your child's emotional resilience!

 **[How Resilient is Your Child? Find Out Now](#)**



About Us

Hi, I'm Marc, founder of Yellow Spoke Coach. I've spent years working with young people, helping them navigate life's challenges and discover their potential. So, what does that mean for you?

It's about building resilience, fostering confidence, and equipping young men with tools to handle emotional trauma. That's where we come in.

I've walked the walk. From my time as an Anti-Social Behaviour Officer supporting at-risk youth to working in schools and communities with the West Midlands Police, my career has been dedicated to empowering young people, especially those who've faced adversity or felt excluded.

Yellow Spoke Coach delivers workshops designed specifically for organizations like yours. We use practical tools, strength-based coaching, and a focus on resilience to help young males tackle emotional challenges head-on.

The result? A team of young men who are not only physically active but also emotionally resilient and ready to take on life with purpose and confidence.

Let's collaborate to make a lasting impact. Together, we can build resilience, one spoke at a time.