

INNER CONNECTIONS OUTER SUCCESS

Programs

Inner Connections offers coaching and mentoring programs that are designed for an individual to begin working with us from wherever they are, figuratively and literally. Whether intensive, in-house or long distance, each coaching relationship is individualized and process oriented.

Coaching Intensive For Ages 18-24

The young adult lives in a supportive drug-free coaching house where they are expected to find employment and/or attend school for a minimum of 20 hrs per week as well as participate in rotating chores.

The program includes:

- Intensive coaching in a semi-structured independent living setting
- Life skills development and support
- Parent support including bi-weekly calls and parent tele-classes
- Individualized coaching and mentoring
- Daily check in with coach and mentor
- Weekly group coaching sessions
- Support with life skills such as budgeting, time management, resume/application writing, study skills and meal planning
- Aftercare support for students transitioning out of structured settings
- Home visit, school and career planning
- Support in recovery – 12 step supported

Distance Intensive

- Weekly coaching sessions via telephone to supplement in person contact
- Participation in group sessions for students living in the Keene area
- Coaching for distance students includes one day per month of intensive coaching where a coach travels to the student

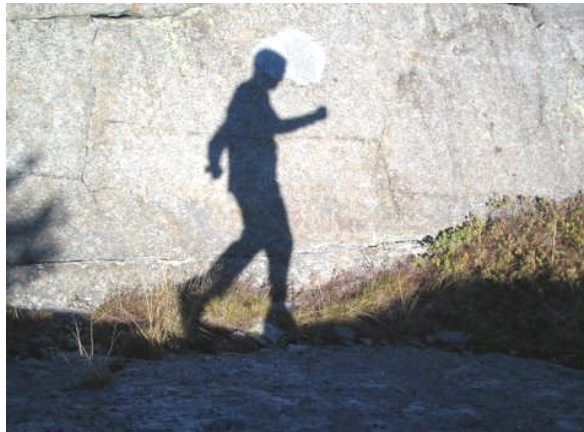
Distance Coaching:

Distance coaching is ideal for:

- Students who have moved out of the Coaching House and want transitional support
- Teens and young adults who have come out of therapeutic programs and are seeking transitional support
- Any young adult who is looking to activate change in their life

Distance Coaching offers:

- Private coaching session weekly by phone or face to face sessions
- Option for a coach to travel to see the young adult (and family) in their current living situation to develop a coaching plan from which to launch weekly telephone coaching relationship



Parent Coaching:

Parent coaching is an important part of the Inner Connections program and helps parents improve their relationship with their children.

- *Individual Coaching*
Local or distant support for parents
- *Group Coaching*
Bi-weekly group tele-classes for parents of Inner Connections students



Inner Connections Monthly Fees

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|----------------------|--------|
| • Coaching Intensive | \$5025 |
| • Distance Intensive | \$2200 |
| • Distance Coaching | \$750 |

Life Coaching and Mentoring For Emerging Adults 18-24 and Their Parents

Schedule for Coaching Intensive

- Morning meeting every weekday
- Group meeting three times per week
- Individual meeting with coach weekly
- Parent call weekly/ bi-weekly
- Parent tele-class every other week
- Individualized daily tracking and follow up

Additional Daily Opportunities

- Support in recovery
- Physical exercise opportunities including membership to YMCA
- Nutritional meetings/ cooking groups
- Many more individual and community activities available based on interest

Young adults transitioning from a structured living environment such as a home, boarding school or emotional growth setting have many choices to make on their path to adulthood. Inner Connections supports emerging adults as they seek to understand their choices and develop sustainable life skills while moving from a dependent to interdependent life – one enriched with community, friends, family and a connection to a power greater than themselves. Through an individualized process, emerging adults are coached and mentored to undertake self exploration, inventory their inner resources and create a vision for themselves. We encourage them to examine their choices and act responsibly and with integrity.



Chris Cotton is the founder and CEO of Inner Connections and a certified Spiritual Life Coach. Chris earned a Bachelor of Science from Unity College in Maine in Outdoor Leadership in 1994 but his career began when he was only 18. Chris worked in an intensive residential treatment program for youth at risk as a staff member during college. He facilitated wilderness programs for troubled teens and worked for the state of ME as a Recreational Therapist. Chris's next position was the Director of Experiential Therapy and Recreation at a treatment program in NH where he worked with adolescents and adults with substance abuse problems. It was at this point, out of Chris's passion for working with young adults and with the support of Chris's mentor and coach, James Morton, that Inner Connections was born.

Chris became certified as a Spiritual Life Coach through the Coaching from Spirit program with Sharon Wilson which enhanced his coaching and mentoring skills. Chris brings a wealth of inner personal knowledge which he uses to help his students and families to build a foundation for success. He helps families achieve positive communication and helps young adults to begin finding their own way. Chris continues to study the teachings of other coaches and mentors and he believes that it is a privilege and an honor to assist others in finding their own unique talents.

INNER
CONNECTIONS
Outer Success

**LIFE COACHING AND MENTORING FOR
EMERGING ADULTS AND PARENTS**



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