

# Frequently Asked Questions for Parents & Caregivers

## Young Adult Pathways

### What is the goal of the first session?

The first session is designed to help your child feel supported, grounded, and understood. We take time to slow down, talk through what's currently feeling stressful or unclear, and begin to understand what kind of guidance would be most helpful right now. There is no pressure to have answers — this session is about creating clarity and a sense of direction.

### My child is still in high school — is this program appropriate?

Yes. Young Adult Pathways supports high school students who may be feeling overwhelmed, uncertain, or stuck — whether with everyday decisions, confidence, school-related stress, or thinking about the future. Sessions are age-appropriate and focus on helping students build self-awareness, strengthen decision-making skills, and feel more confident navigating both daily situations and upcoming transitions.

### Will you tell my child what path to choose?

No. Rather than telling students what they should do, I help them develop the self-awareness, confidence, and decision-making skills needed to make thoughtful, values-aligned choices for themselves. The goal is to empower your child to think clearly and trust their own judgment.

### What areas do you support young adults with?

Support may include stress management and emotional regulation; confidence and self-awareness; everyday decision-making and problem-solving; exploring post-high school options such as college, trade programs, or workforce entry; career clarity and next-step planning; and communication and self-advocacy skills. Each program is personalized based on where your child is and what support feels most helpful.

### How long do programs typically last?

Program length varies depending on goals and individual needs, but most range from 4–12 weeks. After the first session, we'll talk through recommendations and decide together what ongoing support might look like.

### Will parents receive updates?

Yes. I'm happy to provide high-level progress updates and discuss goals or structure as appropriate. My approach balances parental involvement with your child's need for autonomy, trust, and confidence-building.

### Is this therapy?

No. This work is coaching and mentoring focused on self-awareness, growth, and skill development. While we may address stress or emotional regulation, this is not clinical therapy or mental health treatment.

### Who is this program best suited for?

Young Adult Pathways is a good fit for high school students seeking guidance or confidence, juniors and seniors preparing for life after graduation, young adults navigating uncertainty or transition, and students who don't need therapy but would benefit from support and perspective.

### What makes Empowering You To Rise different?

My approach combines lived experience with over 15 years of People & Culture leadership. I help young people explore education and work options with clarity while also building self-awareness, confidence, and realistic decision-making skills. This work focuses on creating a strong internal foundation so young adults can navigate choices thoughtfully and grow with confidence over time.

### How do we get started?

Simply reach out through the contact form or email to schedule an initial consultation. I'm happy to answer any questions and help determine whether Young Adult Pathways is the right fit. The first consultation is complimentary.