
Guide to the Youth Thrive Coaching Tool



Not sure where to start? Need some help using the Tool? Here are suggestions:

Getting Started:

- Ask worker what they are most concerned about with a specific young person and start with the Protective and Promotive Factor (Factor) that is most connected to that concern.
- Ask worker what youth's priorities are and start with one of the Factors that could be most helpful in achieving the youth's goal or solving a problem.
- Ask worker for their overall assessment of youth's status on all five Factors. Where are they strongest? Where are there gaps? Where does the worker need more information?
- Have the youth complete the [Youth Thrive Survey instrument](#) that measures the presence, strength, and growth of the Factors. Use their Survey results to prioritize topics for coaching and follow-up over time.

Some Examples of how to get into the Tool:

If youth is...

- About to make a decision
- Preparing for a major change or new opportunity
- Experiencing a failure or setback
- Wanting to re-evaluate past choices
- Changing goals or plans; setting a new path
- Stressed out or frustrated
- Afraid to make the same mistake



RESILIENCE

If youth is...

- Curious, confused, or ready-to-learn about physical and emotional changes including brain development
- Dealing with emerging sexual orientation and/or gender identity
- Becoming or already sexually active; interested in rights, roles, and consent in intimate relationships
- Wanting to understand their own or peer's feelings, behavior, and moods



KNOWLEDGE OF ADOLESCENT DEVELOPMENT

If youth is...

- Lonely
- Ready to connect/reconnect to family members or other supportive adults
- Struggling with friendships
- Wanting to understand past relationships
- Needing an active network of support people beyond workers and programs



SOCIAL CONNECTIONS

If youth is...

- New to the organization, service, or worker
- In need of specific or significant services
- Challenged by unmet needs
- Frustrated with current service providers
- Eager to speak up and share opinions
- Ready to get their life organized



**CONCRETE SUPPORTS
IN TIMES OF NEED**

If youth is...

- Dealing with emotional or behavioral issues
- Excelling or struggling with school and other daily tasks
- Questioning their changing roles and responsibilities
- Interested in activities or events in their community
- Ready for new experiences and challenges



**COGNITIVE & SOCIAL-
EMOTIONAL COMPETENCE**