



# LIFE LAUNCH PROGRAM

Do you have a child over 18 years of age who's struggling to become more self-sufficient? Are you seeking an improved family dynamic with more peace, freedom and joy? Does your child exhibit any of these behaviors that are detrimental to you and your family?

## **Screen Addiction**

**Anxiety**

**Depression**

**Rebelliousness**

**Apathy**

## **Aggression**

**Perfectionism**

**Sense Of Entitlement**

**Substance Abuse**

**Relational Difficulties**



At Mentors & More, we understand that transitioning to adulthood and more independent functioning is more difficult now than ever before. Whether your child is struggling with the skills of self-leadership or is resisting greater self-reliance, through parental and familial coaching and mentoring to your child our "Life Launch" Program provides the opportunity for better accountability, boundaries, individual functioning and relational dynamics.

## **Employment & Education**

**Recreation & Fitness**

**Daily Planning & Organizing**

## **Financial Management**

**Hobbies & Interests**

**Health & Wellness**

## Who Are We?

Since 1998, our team at Mentors & More has been providing life coaching to guide parents, families and their adult-age children (18 and older) to greater maturity and independence.

Through our coaching process, we guide family members to further develop and master the following 5 skills toward each person becoming more responsible, resilient, confident, comfortable and resourceful:

**SELF-UNDERSTANDING**  
**UNDERSTANDING OF OTHERS**  
**RELATIONAL SKILLS**  
**SELF-MANAGEMENT**  
**GOAL ACCOMPLISHMENT**

**START THE CONVERSATION TODAY.** Find out if our Life Launch Program is the right solution. No charge, no pressure, no commitment. The initial conversation will provide more details and see if we're a good fit.

If you decide that our Life Launch Program could be of benefit, we'll explore behavioral patterns and relational dynamics together, to prepare a customized approach and plan based on your unique scenario. We offer easy program entry, flexible, convenient scheduling and communicate frequently between sessions as needed.

*"We had lost all hope. Tried everything we could on our own. Sought out many professionals. Nothing worked. Finally, we worked with James and Dave and they were invaluable in helping us get out of the mess we were in. We are grateful and now able to enjoy our lives much more, knowing our son is alright on his own."*

*"When my mom first told me about yet another person to try and help me, I fought it. Turns out De Andre was awesome! He was so calm and understanding and he challenged me to really think differently and get up and get going."*