



PERSONAL & PROFESSIONAL
DEVELOPMENT

**SAN DIEGO
& ORANGE
COUNTY**

DOES YOUR CHILD NEED MENTORING?

THE PROBLEM

Is your child on screens way too much?

Are they resistant or rebellious?

Are they excessively entitled?

Do they have social difficulties?

Through our **Families In Training** program, we provide *one to one, small group* and *sports specific mentoring* sessions to youth and adolescents wanting to improve their **self leadership, problem solving and decision making skills**, or struggling through any of the following:

SCREEN ADDICTION

ANXIETY

DEPRESSION

REBELLIOUSNESS

APATHY

AGGRESSION

PERFECTIONISM

SENSE OF ENTITLEMENT

SUBSTANCE ABUSE

SOCIAL SKILL DIFFICULTIES



*"Our son had struggled for years with so many problems it was quite overwhelming for our family. We tried all sorts of methods to try and help him. **Only when we started working with James** were we able to realize any progress. He taught us and our son how to better think and act and we are forever grateful."*

"TOGETHER WE EXPLORE THE PAST, COACH IN THE PRESENT TOWARDS A BETTER FUTURE"

At Mentors & More, we've developed a unique philosophy, proven system and approach to master the 5 key skills of any leader:

- 1 SELF-UNDERSTANDING
- 2 UNDERSTANDING OF OTHERS
- 3 RELATIONAL SKILLS
- 4 SELF-MANAGEMENT
- 5 GOAL ACCOMPLISHMENT

We role model, guide, teach and train young people to become more effective leaders of themselves and to be more:

RESPONSIBLE & RESPECTFUL

SKILLED & STRONGER

CONFIDENT & COMFORTABLE

DISCIPLINED & BALANCED

RESOURCEFUL & RESILIENT



Hello, I'm **James Giantis**, MSW, the founder and CEO of **Mentors & More, Families In Training**, and author of the upcoming book, **The Mentoring Manual**. For over 30 years, I've provided coaching and mentoring to thousands of youths, parents, families, individuals, teams and organizations. In life, kids often need a different kind of process to learn how to become better versions of themselves. My team and I are here to provide that for you and your child.

We offer flexible meeting days and times within the **home, office, nearby community and virtually.**

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I used to play video games all day, ate poorly and didn't exercise. De Andre really got me going. He's a great leader, now I'm one too.

Dave is a lot of fun! He is someone I can trust, and he helps me figure out situations at home and at school.

I didn't like myself, I had so many problems, James took the time, and taught me so much and really helped me become much happier.

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