



SHAPE

YOUR FUTURE

www.coachronaghosn.com

PROFILE 

MESSAGE

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DEAR ASPIRING CHANGE-MAKERS,



Welcome to a space where your journey matters, where every challenge faced is a step closer to your true potential, and where every triumph, no matter how small, is celebrated with fervor.

My name is Rona Ghosn, and my life's mission is to walk beside teenagers like you, guiding, supporting, and cheering you on as you navigate the beautiful, tumultuous journey of self-growth.

Having once walked in shoes similar to yours, battling weight issues, facing societal judgments, and more importantly, working tirelessly to maintain self-love through it all, I've learned that our most potent weapon is our belief in ourselves. It's this personal journey, filled with its highs and lows, that ignited my passion to become a beacon for others.

Your dreams, aspirations, fears, and hesitations are valid. In this fast-paced world filled with comparisons and external pressures, I understand how easy it can be to lose sight of your unique brilliance. But here's what I truly believe: Each one of you holds within a boundless universe of potential, waiting to be tapped into.

Whether you're seeking clarity about your future, striving for self-confidence, or merely needing a safe space to rediscover and celebrate yourself, I am here to help. Together, we'll embark on a transformative journey, tailored uniquely to you.

So, if you're ready to embrace a future where you're not just dreaming but achieving, I invite you to step into this adventure with me. Let's co-create a narrative where you're the empowered protagonist, equipped with self-belief and poised for success.

With warmth and belief in your brilliance,

Coach Rona Ghosn



**"EMBRACE EVERY FACET OF YOURSELF,
FOR WITHIN EACH CHALLENGE LIES
THE SEEDS OF GROWTH. REMEMBER,
STARS SHINE BRIGHTEST IN THE
DARKEST SKIES. LET YOUR TRUE SELF
ILLUMINATE THE PATH AHEAD."**

Coach Rona Ghosn





MISSION

To empower the youth by inspiring self-love, instilling confidence, and providing clear guidance towards a life of purpose and passion.



VISION

Creating a world where every teenager recognizes their inherent worth, harnesses their unique potential, and bravely steps into their best self



"FUEL YOUR DETERMINATION, HARNESS YOUR STRENGTH, AND LET EVERY EFFORT PAVE THE WAY TO YOUR BRIGHTEST TRANSFORMATION. COACH RONA, GUIDING YOU TOWARDS THE POWERFUL POTENTIAL THAT RESIDES WITHIN."





PROGRAMS



Clarity Capsule

A one-on-one coaching session designed to help individuals find clarity in their objectives, set achievable goals, and map out a strategy for success.



Goal Setting

Helping teens set clear, achievable goals and equipping them with strategies to attain them.



Self-Love Symposium

A series of workshops focusing on promoting self-love, body positivity, and resilience against societal judgments.



Echoes of Esteem: Finding Teen Voice

A comprehensive program targeting teenagers to build self-confidence, address peer pressures, and nurture self-worth.



Youthquake: Confidence Aftershocks

A transformative program that focuses on converting personal doubts and insecurities into strengths and stepping stones for growth.



Goal Setting



This "Goal Setting Program for Teens" is a comprehensive coaching initiative aimed at equipping teenagers with the essential skills to set clear, achievable goals and develop the strategies necessary to attain them. This program recognizes the unique challenges and opportunities faced by adolescents and provides structured guidance to help them shape their future effectively.





Key Features:

- 1. Personalized Goal Setting:** Emphasize that your program tailors goal setting to each teen's unique needs, interests, and challenges.
- 2. Holistic Development:** Showcase how the program addresses not only academic goals but also personal growth, social skills, and extracurricular pursuits.
- 3. Measurable Outcomes:** Stress the focus on setting clear, measurable goals that allow both teens and their parents to track progress and celebrate achievements.
- 4. Empowerment and Confidence Building:** Explain how the program empowers teens to take control of their future, build self-confidence, and take proactive steps toward their aspirations.
- 5. Long-Term Perspective:** Discuss how the program encourages teens to set both short-term and long-term goals, helping them plan for their future.
- 6. Safety and Well-being:** Highlight the importance of creating a safe and supportive environment for teens to discuss challenges and setbacks openly.
- 7. Life Skills Development:** Mention the inclusion of life skills training, such as communication, problem-solving, and resilience, to support their overall growth.