# Brighter Within

Empowering Youth Through
Coaching, Character & Courage



**A science-based coaching journey to help young people build resilience, self-belief, and purpose.**

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# Letter from Our Founder

*At Kukhanye, we believe that every child carries a light inside them—sometimes it just needs a little help to shine.*



I created this program for the young people who feel lost, overwhelmed, or unsure of their place in the world.

For children and teens who need guidance, encouragement, and someone who believes in them.

The Achievers Program is gentle, age-appropriate, and based on solid principles that have stood the test of time.

We don't push. We guide. And we help each young person discover who they are, and who they're becoming.

**Karen Tewson**

**Founder | Kukhanye Consulting Services**

# Why Do Young People Need Coaching Now More Than Ever?

**Life is hard for young people today. They face pressure, change, and emotional wounds—often without tools to cope. Some feel anxious or angry. Others have experienced deep hurt, even abuse.**

Without the right support, they may lose hope, direction, or trust.

**The Kukhanye Achievers Life Coaching Program**
gives them a safe space to grow, reflect, and reset.

**It's not therapy. It's not school. It's a guided path to self-worth, character, and emotional strength.**

# Built on Character. Backed by Science.

**BUILT ON A STRONG, RESEARCH-INFORMED FOUNDATION:**

- **Zig Ziglar & Mamie McCullough's "See You at the Top" philosophy:** personal growth rooted in values
- **The Courage to Heal:** trauma-sensitive support for survivors of abuse
- **Positive Youth Development & Neuroscience:** insights from Cornell University and the National Academies of Sciences



**The approach is child-friendly, non-judgmental, and emotionally safe.**

**It's a coaching journey—light-filled, structured, and real.**

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# What Makes This Program Different?

## Designed for children and teens, not adults

This program is created with young minds in mind: age-appropriate, engaging, and emotionally safe.

## Combines story, play, and real-world tools

We use storytelling, guided play, and practical tools to help children learn and grow.

## Focuses on inner strength, not behaviour control

Rather than correcting behaviour, we help children build confidence from the inside out.

## Respects each child's pace and personality

Every child is unique, and we tailor the journey to their comfort, rhythm, and voice.

## Helps children understand who they are and how to grow

We don't try to "fix" kids—we help them discover their strengths and build a hopeful path forward.

**Many programs try to fix behaviour. We focus on helping young people understand who they are and how to build from there.**

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# The Kukhanye Coaching Pathway

## 1. Core Character Foundations



**HONESTY**

We help young people tell the truth with confidence and courage.

**INTEGRITY**

They learn to do what's right—even when no one is watching.

**TRUST**

We guide them to build safe, honest connections with others.

**LOVE**

They discover the value of kindness, care, and self-respect.

**LOYALTY**

We teach them to stay committed to people and principles that matter.



## 2. Personal Growth Areas

**ATTITUDE AND SELF-IMAGE**

We build confidence by helping children see their worth and potential.

**HEALTHY RELATIONSHIPS**

They learn how to set boundaries and connect with respect and care.

**SETTING GOALS**

We help them choose goals that match their strengths and dreams.

**COMMITMENT AND CONSISTENCY**

They discover the power of showing up—even when it's hard.

**DISCOVERING PURPOSE**

We guide them to find meaning in who they are and what they can give

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## What Will Participants Gain?

- Greater confidence and emotional resilience
- A stronger sense of self-worth
- Clearer communication and boundaries
- Hope and direction for their future
- Tools to regulate emotion and face life with courage

## Who Is This Program For?

- Youth experiencing emotional stress or trauma
- Children in the justice system or recovering from abuse
- Teens feeling stuck, angry, or uncertain
- Parents or caregivers who want to support their child's emotional health

**We've seen young people walk away with more peace, more purpose, and more belief in who they are.**





# FAQ's

### HOW LONG IS THE PROGRAM?

Typically 8–10 sessions, tailored to the child's needs..

### IS IT OFFERED ONLINE OR IN PERSON?

Both. We offer flexible formats, including virtual coaching.

### DO YOU WORK ONE-ON-ONE OR WITH GROUPS?

One-on-one is most effective, but small groups may be possible.

### DO I NEED A REFERRAL?

No. Parents, schools, or guardians can contact us directly.





# Give Them the Tools to Shine.

Every child deserves to know their worth. To speak up. To believe they matter.

**Let's help them grow into strong, kind, and confident people—starting now.**

**Contact Us Today:**

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