



**Rosa Gomes**  
 Founder/Counselor, M.Ed., CAGS, QMHP-C

**Our Story**

As a former Arlington County school counselor, I founded Confidence Youth Coaching (CYC) with the mission of supporting this generation in discovering their purpose, realizing their maximum potential, thriving, and cultivating a positive life. I firmly believe that today's youth possess the capacity to surmount challenges, emerge as leaders, serve as role models, and set a compelling example for future generations to follow suit.

**Contact Us Today**

IS YOUR TEEN FEELING  
 OVERWHELMED AND STUCK?

TO SCHEDULE YOUR FREE  
 30-MINUTE CONSULTATION, VISIT OUR  
 WEBSITE.



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[www.confidenceyouthcoaching.com](http://www.confidenceyouthcoaching.com)



VA, DC, MD



*Confidence Youth Coaching*  
*Coaching, Counseling & Consulting Services*



**We Help Your Teen Thrive**

- ✓ Our "Transformative Services" focuses on Executive Function, Social Emotional Wellness, Academic Success, Goal Setting, College, Career and Life Readiness
- ✓ Our dedicated focus extends to individuals facing challenges associated with ADHD, Anxiety, and Autism
- ✓ A learning /life coach is a "non-parent" trusted adult providing solution-focused services in a judgment-free space.



## Our Transformative Coaching Services

- Executive Function Coaching**  
 Our evidence-based techniques teaches and improves Executive Function (EF) skills. "EF" refers to a set of mental processes that allow individuals to set goals, focus, plan, organize, initiate and complete tasks.
- Social Emotional Learning (SEL) & Wellness**  
 "SEL learning empowers students and young adults with essential skills such as responsible decision-making, self-control, self-awareness, problem solving, the development of healthy relationships, and mindfulness.
- Academic Tutoring**  
 Our academic tutoring and support services focus on core content areas, including English/Reading/Writing, Math, Science, and History, in addition to language courses that meet graduation requirements.
- Educational Advocacy & Consultation**  
 We offer education advocacy, support, guidance, and specialized training tailored for students, parents, educators, and professionals, with specific emphasis on special education, IEPs/504 Plans, and personalized academic placements.. Our dedicated services extend to those with conditions like ADHD, Autism, LD, and many others.

## Help With Setting Goals

Utilizing the SMART system empowers individuals to set and achieve development milestones within specified timeframes.

## Who Can Benefit?

Individuals facing academic, social emotional, anxiety, ADHD, Autism, and other challenges can discover their purpose and gain confidence required to unlock new opportunities in life. Empowering them to overcome obstacles and pursue their goals with determination and resilience.

## Building A Trusting Relationship

Our clients are held with the highest regard. Trust is the most essential part of any relationship and establishing a trusting "coach-client" relationship is our priority because your success is our success. We will be respectful, empathetic, nurturing, and show positive regards to individual needs.



## Is Your Teen Struggling With Any of The Following?



**INSPIRING TWEENS, TEENS & YOUNG ADULTS TO FIND THEIR PURPOSE & GREATEST POTENTIAL**

**EXECUTIVE FUNCTION , PERSONAL DEVELOPMENT, & ACADEMIC TUTORING THROUGH 1:1 COACHING. LET'S DISCOVER HOW TO UNLOCK YOUR TEEN'S GREATEST POTENTIAL (GR 6-12, AND COLLEGE STUDENTS)**