

# Student Confidence & Direction Reset Program

A reflective coaching initiative from the KYTS Centre for Emotional Health & Well-being

*A structured reflective coaching journey supporting students and young adults experiencing confusion about direction, confidence, motivation, identity questions, or important life choices.*

## When Students and Young Adults Begin Feeling Stuck

Many capable students and young adults reach a point at which questions about direction, confidence, identity, and important life decisions become overwhelming or unclear.

Sometimes this shows up as:

- Confusion about next steps
- Loss of motivation despite ability
- Difficulty making decisions
- Comparison pressure from peers
- Uncertainty about interests or strengths
- Communication gaps within the family
- Hesitation while choosing academic or life pathways

At such times, what helps most is not quick advice — but clarity that grows step by step.

This program offers that structured space.

## What This Coaching Journey Supports

Through reflective conversations, students and young adults gradually develop:

- Clearer understanding of their strengths
- Confidence in making decisions
- Steadiness during transitions
- Reduced comparison pressure
- Improved communication with parents
- Direction aligned with their natural abilities
- Stronger self-trust while moving forward

The intention is not only to help with one decision, but to strengthen clarity that lasts beyond it.

## A Thoughtful Alternative to Academic or Career Counselling

This program does not provide ready-made recommendations about what to choose.

Instead, it helps students and young adults understand **how to choose with clarity and confidence**.

## How The Coaching Journey Works

The journey begins with a Free Initial Understanding Conversation to explore the student's current situation, questions, and areas of uncertainty.

Based on this conversation, a structured coaching pathway is planned step by step.

Parents are appropriately included in alignment conversations while ensuring the student's independent voice is respected throughout.

## Who This Program is Most Helpful For

### Students

- Class 9–12
- College transition stage
- Confidence drop phase
- Subject-stream selection stage
- Students experiencing comparison pressure
- Uncertainty about strengths

### Young Adults

- Early career direction uncertainty
- Decision-paralysis stage
- Identity exploration stage
- Difficulty navigating expectations or comparisons family-related decisions

## Program Format

Online reflective coaching sessions

Structured conversation sequence across multiple sessions

Parent alignment conversations where appropriate

Flexible pacing based on clarity needs

## Begin with a Free Initial Understanding Conversation

You are welcome to begin with a simple introductory conversation to explore whether this program may be helpful for your situation or your family.

## A Calm and Structured Starting Point

Many families find that clarity begins with one thoughtful conversation. This introductory step helps determine whether this program is the right next step for the student.

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***Supporting clarity, confidence, and thoughtful decision-making during important transition stages***

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