

Life Coaching for Teen Girls, Young Women, and Moms at Authentic Girl Coaching

Plus: Sponsorship Opportunities Available for Girls At-Risk Through AGC's Nonprofit

Los Angeles, Jan 7, 2021 ([IssueWire.com](https://www.issuewire.com)) - Authentic Girl Coaching (<https://authenticgirlcoaching.com>) offers dynamic life coaching programs designed specifically for today's teen girls, young women, and moms.

Joy Robinson, a certified life coach, founded Authentic Girl Coaching with a passion for personal growth and female empowerment. For over ten years, Joy has worked closely with adolescent girls, young women, and moms to help them learn, grow, and thrive. As a coach, Joy combines listening and empathy with straight talk and accountability for a dynamic coaching experience that moves girls and women forward into the life they truly want to live.

"I believe that in order to be your best self and live a happy and healthy life, you must be true to yourself and live authentically," says Joy. "I help clients dig deep and tap into their authenticity while setting, striving, and achieving meaningful goals in order to improve their lives and thrive."

Authentic Girl Coaching programs are evidence-based, trauma-informed, and include cultural awareness and sensitivity, and social responsibility. Clients increase self-awareness in order to maximize their potential and reach their goals.

Authentic Girl Coaching offers programs that are highly personalized and tailored to the specific needs of each unique individual, resulting in maximum benefits in minimal time. Clients can choose between 5, 8, or 11-week programs depending on their goals, time, and budget. The hour-long sessions take place weekly via Zoom.

Potential clients start with a free 20-minute phone consultation to see if AGC's coaching is a good fit. Consultations can be scheduled by visiting their website.

Authentic Girl Foundation

In addition to Authentic Girl Coaching, Joy founded AGC's nonprofit arm, Authentic Girl Foundation, and serves as the Executive Director. Authentic Girl Foundation is a 501(c)(3) nonprofit on a mission to empower at-risk girls through life coaching via their Sponsorship Program.

Research shows coaching can help meet the needs of adolescent girls at-risk by filling the support gap between school and problem-focused interventions found in the mental health field or the justice system. Authentic Girl Foundation applies research-based coaching as an empowerment tool for their at-risk clients. Their coaching interventions emphasize:

Page 1 of 2

- Self-awareness
- Self-determination
- Proactive skill building
- Meaning, purpose, and goal orientation
- Flexibility, tolerance, and collaborative problem-solving

According to Joy, “We coach our girls with unconditional positive regard – a caring, accepting, nonjudgmental attitude, which allows the client to drop defenses and develop the self-awareness and self-acceptance needed to self-actualize.”

The Sponsorship Program covers the 12-weeks of coaching for a girl who has been carefully selected by AGF’s nonprofit partners. Sponsors will receive information on the client, including monthly progress reports. The cost of sponsorship is \$1800 and is a tax-deductible donation.

When asked what drove her to establish Authentic Girl Foundation, Joy replied, “Because *all* girls deserve to thrive, no matter their circumstances.”

In addition to Authentic Girl Foundation’s Sponsorship Program, they offer an annual college scholarship award open to all high school senior girls in the U.S. The winner receives a \$1,000 cash award. The application season opens each spring. Internships with Authentic Girl Foundation are also available to high school and college girls each summer.

To learn more, visit: <https://authenticgirlcoaching.com/pages/authentic-girl-foundation>

Media Contact

Authentic Girl Coaching

hello@authenticgirlcoaching.com

(310) 490-6038

Los Angeles, California

Source : Authentic Girl Coaching

[See on IssueWire](#)