

VK Circle Introduces 10-Session Coaching Framework for High-Performing Gifted Teens and Parents

With a structured 10-session framework, VK Circle provides families with practical tools to reduce stress, improve communication, and build emotional intelligence.



Boca Raton, Florida Sep 9, 2025 ([Issuewire.com](https://www.issuewire.com)) - When gifted teens face identity crises, overwhelming expectations, or emotional swings, parents are often left searching for answers. VK Circle, a Boca Raton coaching and consulting organization, now offers a ten-session framework that supports both teens and parents, helping families rebuild trust, reduce stress, and thrive together.

Behind their achievements, many gifted teens struggle silently. Studies show nearly 70% of high-achieving students report chronic anxiety, and more than half experience burnout before college. Teens often battle perfectionism, self-sabotage, or fear of disappointing others. Some ask, "Who am I beyond my success?" while others hyperfocus on failures, collapse under criticism, or withdraw socially. Left unaddressed, these issues can lead to isolation, burnout, and lost motivation.

VK Circle's ten-session framework helps families change this pattern. Teens learn tools to manage stress, overcome perfectionism, and rebuild self-worth. Parents gain strategies to improve communication, rebuild trust, and create emotionally safe homes. Unlike therapy models that take years, the program is non-clinical, results-focused, and designed to show progress in weeks. Families curious about the full framework can explore more at <https://vkcircle.com/>.

The approach combines the Heal Your Life® philosophy, based on Louise Hay's teachings, with high-performance coaching and over two decades of educational leadership. Founder Manny VK has worked with more than 640,000 students and 3,400 educators across the Americas and has lived in 89 countries. His global perspective and experiential coaching style help families build resilience in real-world, high-pressure settings.

"Gifted teens don't need fixing — they need reconnection," said Manny Kaufman, founder of VK Circle. "When we give both teens and parents practical tools to handle pressure, we reduce stress at home and unlock emotional strength that lasts a lifetime. My mission is to protect brilliance before it burns out and ensure the next generation thrives with purpose and confidence."

Parents also see clear transformations. "In just ten sessions, I watched my son go from overwhelmed and anxious to confident and calm. He finally has tools to manage stress, and I can see him enjoying life again instead of fearing failure," said one parent.

VK Circle offers one-on-one coaching for gifted teens, parent coaching and family integration, workshops, and online courses. Schools and organizations can also partner with VK Circle for leadership development and burnout prevention programs.

The vision of VK Circle is simple: a future where brilliance is protected, families are stronger, and every gifted teen can succeed without losing well-being. Learn more at:

<https://vkcircle.com/contact-for-gifted-teens>

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