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## Facts about Youth Coaching

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### The basics

- The Youth Coach respects you as an independent, uniquely valuable person.
- He not only hears what you say – he really listens to you.
- And he also believes in you and in your abilities – sometimes more than you do yourself.

### The goal

To support young people in making the most of their potential and living a purpose-driven life.

*Overall I gained a lot of insight into the way people tick, and learned how to approach other people in a relaxed and open way.  
– David, 20*

### What can you do?!

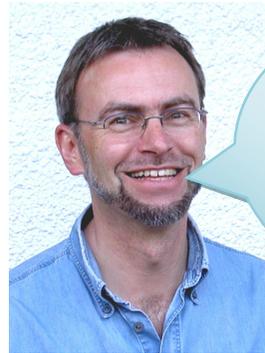
Are you interested in making a lasting investment in the future of one or more young people – as a parent, relative or sponsor? Youth Coaching is a worthwhile method that has good prospects for success.

I look forward to hearing from **you!**

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## Get in touch

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*I would be really pleased if I could support YOU in laying the foundation for a successful and purpose-driven life!!*

### Contact:

#### Axel Jagemann

– Youth Coach –  
Gustav-Adolf-Str. 3a  
D-80689 Munich  
Tel. 089 / 89 22 37 99  
Mobile 0173 / 361 66 02  
E-mail: [ajagemann@online.de](mailto:ajagemann@online.de)  
[www.jugendcoach-jagemann.de](http://www.jugendcoach-jagemann.de)

Ask about our **free trial coaching session** (approx. 30 minutes).



How do you see yourself – and your life?!



A Youth Coaching session helps you positively change your perspective

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## Axel Jagemann

– Youth Coach –

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Youth Coaching could make all the difference to a young person's life!

*I am so very grateful that Axel Jagemann was a credible role-model for my teenagers. They learned to assume responsibility. Their identities and people skills were lastingly strengthened, and their schoolwork improved significantly. The hurts caused by the lack of a father have been completely transformed.  
– Briaitte L.*

“Youth Coaching is the art of engaging with young people in an appreciative and challenging dialogue.

To inspire them and help them discover their true identity, their enormous value and unique potential.

This empowers them to tackle life's challenges with greater confidence and pursue their dreams with greater passion.”

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## About Axel Jagemann

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Axel Jagemann is a Munich-based coach and trainer in Human Resources development, especially in the areas of business, sports and **young people**.

His customers include project managers, corporate management, consultants, master craftsmen, competitive athletes – and **young people**.

He sees his work with **children** and **youth** as both an occupation and a calling. For many years he has helped young people to make their lives happier and more successful.

Axel Jagemann applies effective, proven methods from the worlds of business and sports, tailoring them individually to the lives of young people.

*The coaching helped me to all but completely stop playing online games. I used to play for about 70 hours a week.*  
– Felix, 17

The key focuses of his work with young people are **coaching sessions** (one-on-one), **personality tests** (who am I?), **potential analyses** (how good am I compared with others?) as well as **team, conflict and self-worth seminars** in school classes and groups.

Axel Jagemann is a member of ICF (the world's leading coaching association), the IHK Academy trainer network and the key4you Coaching Network.

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## What is(n't) Youth Coaching?

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**Youth Coaching** is not therapy (looking at the past), not mentoring (passing on experience), not private tuition and not consultancy (offering ready-made solutions).

**Youth Coaching** is for **all** young people who want to learn to face challenges and reach their goals with self-confidence, self-dependence and a proactive attitude. Young people learn **valuable principles** that can be applied in **every area of their lives**.

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## What can Youth Coaching do for you?

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*Better understanding in relationships*

- Strengthen self-awareness & self-worth
- Develop stable relationships & social skills
- Aid effective learning & better performance
- Boost motivation & personal responsibility
- Discover and develop your potential
- Set, pursue and reach goals
- A happier, more relaxed approach to life
- Get young people **fit for the future!**

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## Youth Coaching – who's it for?

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- Young people aged 12–25 who want to develop their personality: whether out of a crisis, to optimize their efficiency and their performance or to pursue dreams and goals.
- For anyone in full-time education or training

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## What we offer

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**Coaching** for young people and also for fathers / parents – face-to-face or by phone

### Seminars

(for school classes, groups, sports teams...)

- Strength in the team!
- Defusing emotional landmines! (Conflicts)
- Discover who you are! (Strengthening identity & self-worth)

The **key4you Personality Keys** helps you discover and positively leverage your personality type.

The **DNLA Potential Analysis** reveals which skills need to be developed to achieve lasting success in one's job.



We live in times in which the positive influence of fathers is often underrepresented in young people's lives. In all I do, I seek to convey to young people a positive and accepting father figure and male role model.