



**Student**  
Breakthrough

AWESOME PARENTS  
DO THIS!

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THREE SIMPLE STEPS TO HELP  
YOUR CHILD LIVE THEIR BEST LIFE

# ABOUT STUDENT BREAKTHROUGH

I believe there is a new type of parent. A parent who provides their child with a revolutionary approach in order to help them gain life skills that they simply don't teach in the classroom. A parent who learns to connect with their child on a deep and meaningful level. A parent who coaches their child to live as a "Breakthrough Champion". As a result, your child will become empowered with the tools, visions and beliefs to help them live their best life so they can change the world.

**Hi, I'm Sam Moinet, founder of Student Breakthrough.**

From teaching in schools, I found that there was not enough time or the correct support available in this busy modern world in order to help students reach their full potential as individuals.

I analysed the problems young people were facing and I found the solution: I started coaching students 1-1 and the results have been incredible. Students stopped comparing themselves to others and focussed on their own natural strengths and abilities. Their confidence, their grades and their relationships all improved.



I have a passion for helping students and seeing the change in these children was amazing, hence Student Breakthrough was born.

Coaching is so powerful for young people because they feel respected and they create actions plans for themselves. As a coach, I never tell a student what to do, I ask the curious, the unusual and the leading questions in order to help the student formulate a strategy. From here they develop skills which enable them to achieve in any area of their lives.

I give my students the missing piece of the puzzle so they can stop getting lost and instead take the fast track to success. I implement our signature 3B Formula of **Boost, Believe and Breakthrough** which has proven to improve grades, relationships and mental health.

→ This is for you – the parent who wants to offer a revolutionary type of provision for their child.

→ This is for you – the parent who wants their child to be more motivated to reach their full potential.

→ This is for you – the parent who isn't focussed purely on grades but on helping their child to be happy in their true self.

As Frederick Douglas said:



“It is easier to build strong children than  
to repair broken men.”

This quick guide will give you three simple techniques that you can implement right now to help your child as a true parent-coach. Sit back, relax and enjoy!



# KING/QUEEN, MENTOR, COACH

As a parent, your role is constantly changing and developing as your child grows and develops.

Between the ages of 0-11 you play the role of a King or Queen, stating the rules, setting boundaries and generally sitting on your throne of authority.

However, as your child develops between the age of 11-15 your role changes to one of a mentor. A mentor is someone who still wields significant power and influence, but your child will start thinking for themselves. A mentor can offer strong advice but ultimately does not have the same power as a king or queen.

Finally, after your child hits about 15, your role becomes more of a coach. This is an awesome stage of development as your child becomes more self-aware in many aspects of their life. A parent-coach is someone who asks questions, gives choices, fosters a growth mindset and is there to guide their child on their own path to live their best life. Becoming a parent-coach means that you are empowering your son or daughter to take action on their own life. You allow them to take full responsibility for their choices and as result they step up to become resilient adults.

During my 5 years as a teacher I saw thousands of parents during open evenings, parents' evenings and just around school. I saw parents who were still trying to play the role of king or queen, parents who demanded perfection and parents who sheltered their child from making mistakes. I saw parents who were still trying to play

the role of king or queen, parents who demanded perfection and parents who sheltered their child from making mistakes. These kings/queens were trying to cling onto power whilst their child was not making any decisions of their own. Being a parent-coach is about democracy not dictatorship!

There is no one book or google search which explains all the complexities of parenting, each child, each parent, each situation is different. However, with some small tweaks to your parenting style the rewards for you child will be immense.



# ASK POWERFUL QUESTIONS – WHAT, HOW, WHY?

Instead of wanting perfection and ruling with an iron fist, it is time to release some of your power. If you focus your attention on asking powerful questions starting with what, how and why it will help your child to think for themselves and ultimately come to some decisions for themselves.

Powerful questions are short, direct and open ended. The reason this type of questioning is so effective is that you enable your child to reach a solution on their own and in doing so they gain deep insights and learning.

You release power and as you do so you allow your child to step up and take responsibility. Following on from this, your child will understand there is not a 'right' or 'wrong' answer, there is creativity, and this is so empowering for a student to flourish and grow.

As a parent you can use a variety of statements and questions to impact your son or daughter.

\* **King or Queen** – “You should have a better attitude!”

\* **Mentor** – “How was today?”

\* **Coach** – “What opportunities came up today?”

The type of language you use with your child can have a major impact. As a classroom teacher, I never used the word should as it sounded like I was judging the student. Instead switch up your language and start using; choose instead of need; could instead of should.

As a teacher this had a remarkable impact as it put the student in a more co-operative mood. It involved them in the decision-making process, I gave them options, I listened to their reasons, their process, their choices.

Empowering your child as a parent-coach is all about giving your child alternatives and letting them feel a part of the decision-making process. King and queens demand and expect perfection, parent-coaches give options and as a result have less conflict in their lives.

When your child complains, ask them . . .

“What can you control? What are your choices?”

Ultimately, what attitude are you going to choose?

As a parent-coach your job is to ask open questions and to keep the conversation positive. So, try it out, switch your language and start asking open, positive questions. Be the parent-coach!

# CHALLENGE LIMITING BELIEFS

To a significant extent we are all the product of our parents and our environment. Children look up to their parents as role models and copy their behaviours and habits. Alongside this, children also pick up on limiting beliefs that you hold about yourself, other people and the world around you.

A limiting belief is something that holds you back and constrains you in some way. Growing up, my mum would always say,



“I was so bad at maths when I was at school.”

As a child, I took on that belief and adopted it as my own. I then went on to fail my maths GCSE exam 4 times! This is just a minor example, but the limiting beliefs you hold can be passed down the generations and be very detrimental if not addressed.

\* Remember that as a parent-coach you are the role model and the beliefs that you state are vital in empowering or disadvantaging your child.

For example, if you walk in and say, “work is awful, it is the worst thing in the world.” Guess what? Your child is going to take on that belief and grow up thinking that there is no joy in adult working life. Instead try, “today could have gone better, but I still had opportunities.” Be positive and resist the urge to vent about your day in front of your child.

As a parent-coach it is your job to stop yourself from verbalising limiting beliefs and to challenge your child when they say something negative about themselves.

# So, are you tired of limiting beliefs?

A great formula to challenge your child's limiting beliefs is by using the TIRED formula. First you're your child to choose a limiting belief that they have about themselves, e.g. – "I am bad at maths." After this, get them to write the TIRED acronym shown below and help them to work through the questions.

**T** – Is the belief 100% true? Yes or no?

**I** – What is the impact when you have that limiting belief? How do you feel when you have that belief?

**R** – Who would you become if you removed that belief? What would change?

**E** – Find three pieces of evidence from your past to prove the above question correct.

**D** – What will you do now? What action will you take?

The tired acronym is a great way to turn a negative thought or limiting belief into a positive one. It is such an effective and quick turnaround that I used it in the classroom when students would state a limiting belief about themselves.

As a parent-coach, if your child is doubting their abilities and is in a negative frame of mind, it is your job to step up and help them to live their best life.



# HELP YOUR CHILD TO EMBRACE FAILURE.

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→ Let your child fail.

I know this is a difficult concept, but as a parent-coach it is vital that you help your child to embrace failure in order for them to grow and flourish.

Mistakes are truly the best teachers, and in my five years in school it was the students who learnt from their setbacks that ended up being the most successful.

In education, children are not taught about learning from failure, so it is up to a parent to install this learning in their child. Some parents I met during my teaching career still had the belief that all mistakes were bad and as a result, the pressure this put on the young person was massive. They were frightened to even put their hand up in class in case they got the answer wrong.

\* If children are not taught how to learn from mistakes, mental health problem could arise as they believe they should never ask for help or show any signs of weakness.

As a parent-coach your role is to show your child that a failure can be a blessing if you learn from it and demonstrate a growth mindset. A really simple way to help your child to move past failure and to learn from their mistake is to ask them these ten words. These words can dramatically shift their perception from a negative to positive and it is even more effective if you get them to write it down in a table.

What Can I learn?	How Can I Use This Knowledge?

As a parent-coach, try this with your child when you have faced a setback at work or when you have a conflict with someone. It is time to embrace your failures and learn from your mistakes.

# ACTION

Finally, one reason why coaching works for students of any age is that they set their own individual action steps at the end of each session. They leave with something specific that they have chosen to try out in the week.

I want you as a parent-coach to write down one action step that you will do this next week to help your child to live their best life. After you have written down your action, write how this will impact both yourself and your child if you achieve it.

**My action is...**

**If I achieve this, it will impact my child and me by...**



# FREE BREAKTHROUGH CALL

I hope you have enjoyed this short Breakthrough Guide. I am passionate about young people fulfilling their potential in every aspect of their lives and in being happy individuals. I have the skills, the determination and the drive to help your child and ultimately your family.

If you are interested in creating success and happiness in the life of your child, log onto [studentbreakthrough.com](http://studentbreakthrough.com) and book a 10-minute call to discuss how I can best support your child.

It is so possible to live your best life, love who you are and never give up.

## Sam

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