



How parent worries are hurting kids

BY ANITA BEAUMONT

FEAR based parenting has led to young adults lacking the confidence and ambition to look for employment, a Lake Macquarie life coach says.

Michele Jones, founder of Live Your Best Life at Toronto, has coached people up to the age of 25 who have never had a job because they were under the mistaken belief they were "unemployable".

"We have a lot of youth coming through that are a bit lost," she said.

"Kids are disengaging. We are looking at ways we can get them interested."

Ms Jones said children could become paralysed by their parents' fears about them "launching out into the world".

She said some concerned parents stopped their children going to things that made the parents uncomfortable, like schoolies, out of fear something bad might happen.

"But they (the children) need those experiences to allow them to make the right choices and have confidence in themselves that they can

do that," Ms Jones said.

"Fear based parenting will only end in a child having low self confidence, because if a child sees their own parent can't trust them to make the right decisions, then they believe they won't be able to.

"Parents only want what is best for their children, but it is actually disengaging them," she said.

"I've seen too much of it."

Children and young adults were now being referred to life coaching programs by

doctors and schools, because while there was nothing physically wrong, they were demotivated, Ms Jones said.

They were in the process of rolling out programs in local schools in response to the rise in what Ms Jones calls "sleep-workers".

"We're getting feedback from employers where kids on school work experience have been sitting around on their phones or reading a book and not interacting with people in that workplace," she said.

"(They do this) because they don't see the long-term benefit of what they can learn from that experience.

"Unless we get them out

interacting and seeing there is value in every experience, they are going to sit around and wait for something to come along".



NO FEAR: Michele Jones, of Live Your Best Life, is trying to motivate children and young adults to find some focus and set long term goals to gain employment.