

InsideTrack Career Coaching for Youth Mental Health Corps Members

Preparing members for success in their programs, careers and beyond

Bridging the gap between training and career can help individuals find motivation to succeed in their programs, build employability skills and a clear pathway to their dream job. InsideTrack Coaching offers just that for Youth Mental Health Corps (YMHC) members. Personalized, one-on-one coaching with an InsideTrack Coach provides members with the tools, guidance and confidence they need to successfully navigate their behavioral health career journeys.

Working in tandem with other holistic services offered to YMHC members, InsideTrack Coaches connect one-on-one with members via phone, text, email or Zoom call to ensure accessibility and convenience — placing members at the center of a system of wrap-around supports designed to help them thrive.

INSIDETRACK COACHING is an evidence-based practice designed to support individual well-being, education program retention and completion, and career planning and advancement. Since 2001, we've supported more than 3.5 million individuals and partnered with 380+ organizations. InsideTrack's coaching methodology has been recognized as high-impact and research-confirmed by the U.S. Department of Education "[What Works Clearinghouse of Evidence-Based Practices.](#)"

Coaching solutions for diverse needs



RETENTION AND COMPLETION

Coaches support members to navigate their service and develop tactics to thrive in their programs. Coached members are more likely to persist and complete their credential.



CAREER DISCOVERY AND READINESS

Coaching supports career discovery, helping members seek employment, internships or other experiences that align with their values and lead to long-term career success.



KNOWLEDGE AND SKILL DEVELOPMENT

Coaching helps members develop critical knowledge, skills and beliefs, including bolstering communication, leadership, self-confidence and agency over their decisions.



TRAUMA-INFORMED, EQUITY-FOCUSED SUPPORT

InsideTrack Coaches are trained in healing-centered engagement and are equipped to serve *all* individuals, including members who face systemic barriers to achieving their goals.

How it works

InsideTrack Career Coaches connect members' long-term goals to their daily activities in order to help them advance along their program pathways and secure meaningful employment in the behavioral health field. Coaches utilize InsideTrack's proven methodology and coaching frameworks to create a safe, welcoming environment for each member, assess their individual career goals, support them to overcome obstacles and ultimately build motivation and momentum toward their desired outcomes.

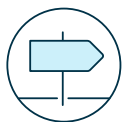
Taking a holistic approach to educational and career growth



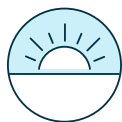
**BUILDING
RELATIONSHIPS**



ASSESSING



ADVANCING



**BUILDING
MOTIVATION**



STRATEGIZING

Developing the knowledge, skills and beliefs that support individual goals



KNOWLEDGE SKILLS BELIEFS

- What careers are possible
- What education and training do I need
- Goal setting
- Support resources
- Communication
- Problem solving
- Time management
- How to create a professional brand
- I belong in this career pathway
- I bring value to the workforce/college community
- I am capable of learning something new

In their words

"My coach is an absolute treasure. **I was able to share my truths and difficult decisions in a safe, non-judgmental space** and think through my decision-making processes via the different lenses and perspectives she offered."

"I had no concrete plan or confidence. **Career coaching provided clarity** on the questions I should be asking myself, helped me prioritize action items and maintain discipline."

"My coach provided an empathic learning ground for me to excavate a lot of personal topics that impacted my professional outputs. She empowered me in asking for my needs to be met and was helpful in listening actively to the values that often overshadowed my career decisions."

— REAL QUOTES FROM FORMER CAREER COACHING PARTICIPANTS

InsideTrack is passionate about helping members unlock the transformative power of coaching. Working together with our fellow YMHC partners, our goal is to ensure all members feel supported through coaching and have what they need to accomplish their goals. [Learn more about our holistic coaching approach.](https://insidetrack.org)



LEARN MORE: insidetrack.org