

# The New Class of Influences with Lenita Abouchabake

## COURSE

**Discover how to connect, inspire, and lead with heart using the 5-step HEART framework, a fresh, empowering approach to student well-being and success.**



### About This Course

Today's students are influenced by more voices than ever before, teachers, peers, parents, social media, and the digital world around them. In this powerful and interactive session, Lenita Abouchabake, former educator and founder of the *Teen Coach Academy*, shares her 5-step HEART framework, designed to help teachers and parents strengthen relationships, improve communication, and lead with empathy and influence.

Educators will explore practical, actionable strategies to reignite their passion for teaching, support young people through modern challenges, and create classrooms where every student feels connected, understood, and inspired to thrive.



### Learning Objectives

By the end of this course, educators will be able to:

**Understand the HEART Framework:**

Explore Lenita's 5-step model for connecting authentically with students and guiding them toward growth and well-being.

**Reenergise Teaching Practice:**

Integrate fresh, energising approaches that boost motivation, engagement, and learning outcomes.

**Build Deeper Connections:**

Strengthen relationships with students through empathy, active listening, and trust-building techniques.

**Adapt to Modern Influences:**

Gain tools to support students navigating digital distractions, identity formation, and emotional challenges.





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### Why This Matters for Educators

Building influence as a teacher isn't about authority, it's about authentic connection. This course empowers educators to:

- **Communicate with Impact** – Learn how to reach students in ways that resonate deeply and meaningfully.
- **Enhance Student Well-being** – Use relational approaches that foster belonging, motivation, and confidence.
- **Adapt with Empathy** – Understand the pressures today's young people face and guide them with compassion and clarity.
- **Rediscover Purpose** – Reconnect with the joy and fulfillment that come from truly influencing lives for the better.

### About the Presenter

Lenita Abouchabake is a former Physical Education teacher turned Teen Life Coach and the visionary founder of the *Teen Coach Academy*. Dedicated to youth well-being, Lenita empowers educators, counsellors, and coaches worldwide to become positive, influential forces in teenagers' lives.

Her programs focus on the HEART framework, a transformative approach to communication, connection, and coaching that bridges the gap between educators and the next generation. Lenita's mission is simple but profound: to help every adult who works with teens become a source of inspiration, guidance, and hope.

### Perfect For

Teachers, counsellors, leaders, and parents who want to:

- Strengthen their influence through emotional intelligence and empathy.
- Reignite passion and purpose in their teaching or mentoring.
- Support young people in navigating modern challenges with confidence and connection.

