

# COMING-OF-AGE RITES OF PASSAGE

WITH TARA FRAZER

## Four Trees

LIFE COACHING AND CEREMONIES

Are you parenting, grandparenting or mentoring an adolescent? Tara works with youth and their loved ones to design customized rites of passage for the coming-of-age years. A rite of passage is a unique, memorable and impactful way to promote a youth's growth and development at any point during the pre-teen to late teen continuum. In addition, the transition from childhood to adolescence or from adolescence to adulthood can be recognized with a rite of passage.

### RITES OF PASSAGE ALLOW YOUTH TO:

- be mentored by caring adults they know
- learn through risk-taking and self-discovery
- gain valuable life skills
- step into greater potential and responsibility
- recognize their gifts and value
- acknowledge the changes they are going through and the person they are becoming
- celebrate maturity and be confirmed into the community



RECOGNITION | GUIDANCE | DISCOVERY

*"When we think of coming-of-age, we often think of celebrating, but guidance must go hand-in-hand with celebration. We can use activities that will call youth to new levels of responsibility and accountability." –DeAnna L'am*





## OFFER THIS MEANINGFUL AND SIGNIFICANT OPPORTUNITY TO THE YOUNG PERSON YOU LOVE!

### TARA CAN PARTNER WITH YOUR FAMILY TO:

- develop customized rites of passage
- design a coming-of-age ceremony
- coach you through a Coming-of-Age Year, an initiation period when a youth is consciously called more deeply into their maturation

**TARA FRAZER** M.Ed., combines her backgrounds as a professional educator, certified life coach and Life-Cycle Celebrant to create meaningful and memorable offerings for preteens, teens and their families. She is trained by the Celebrant Foundation and Institute in the hero's journey, rites of passage, and ceremony design for all life's passages, 'from birth to earth.' She also offers coaching in the realms of parenting, relationships, career, life purpose, and transitions. She has worked with youth and their families for nearly two decades. Tara is a mother to three kids, including two teen daughters.



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