

Surviving Your Adolescents

Learn how to manage and let go of your 11-22 year old!

FREE

We'll help you understand what's going on with your teen, what's normal, what's not, and how you can get along better. This course is about improving your relationship, communication, and keeping you both safe, without losing your cool.

Some of the stuff covered includes:

- The teen brain, it's development, and effect on your teen and you (including why they forget what you asked them to do and how to help them remember!)
- What teenagers need to really thrive
- Why they are so strongly emotional and reactive, and how to reduce it
- What reduces risk taking in the adolescent years
- How to not get roped into arguments and lose your cool
- The four key ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail (oh yeah, that's a good one!)

WHEN: various

TIME: various

WHERE: various

For more info
and course
dates call us on
1800 372 826

