

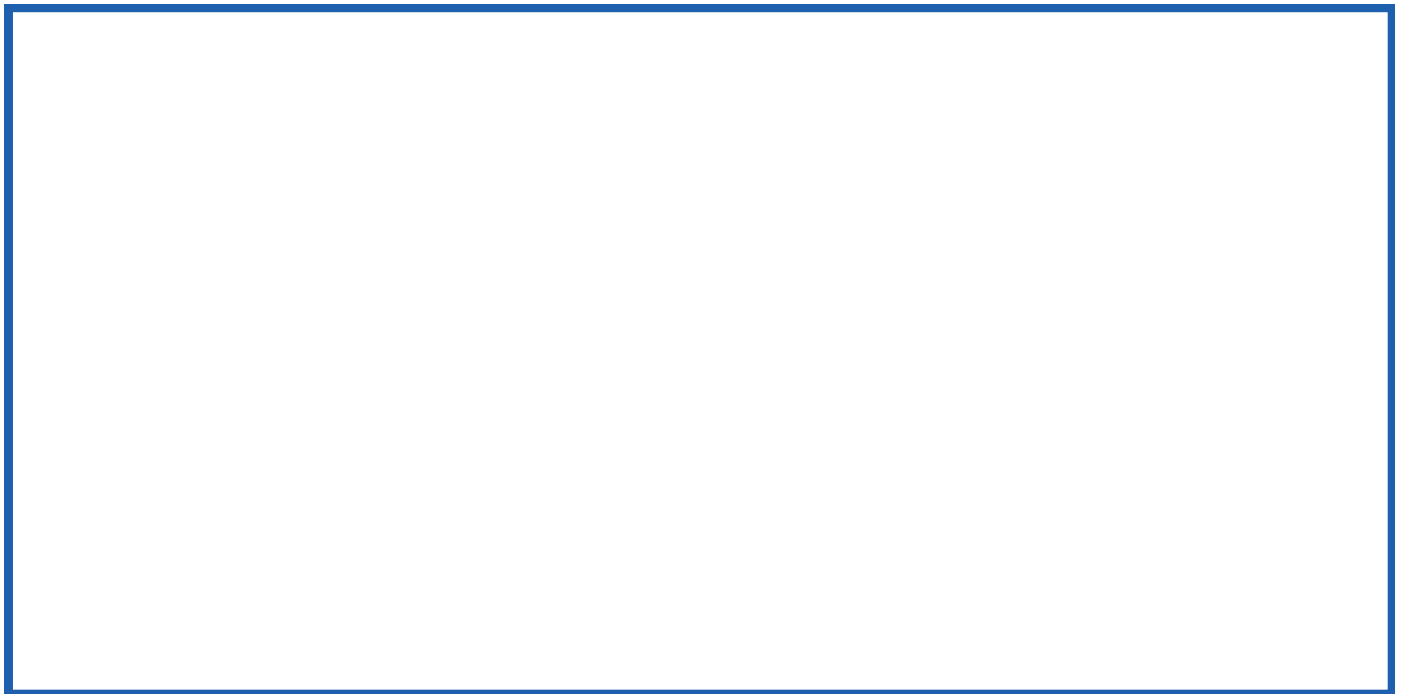
Parent Teens (& Tweens) Like a Coach: Minimize Power Struggles & Maximize Independence

Challenge #1: Under Stress, Humans Get Dysregulated

Opportunity #1: Address Self Management & Self Regulation

Strategy: Commit to Calm

Exercise/Tool: What Behavior is a Trigger in Disguise?

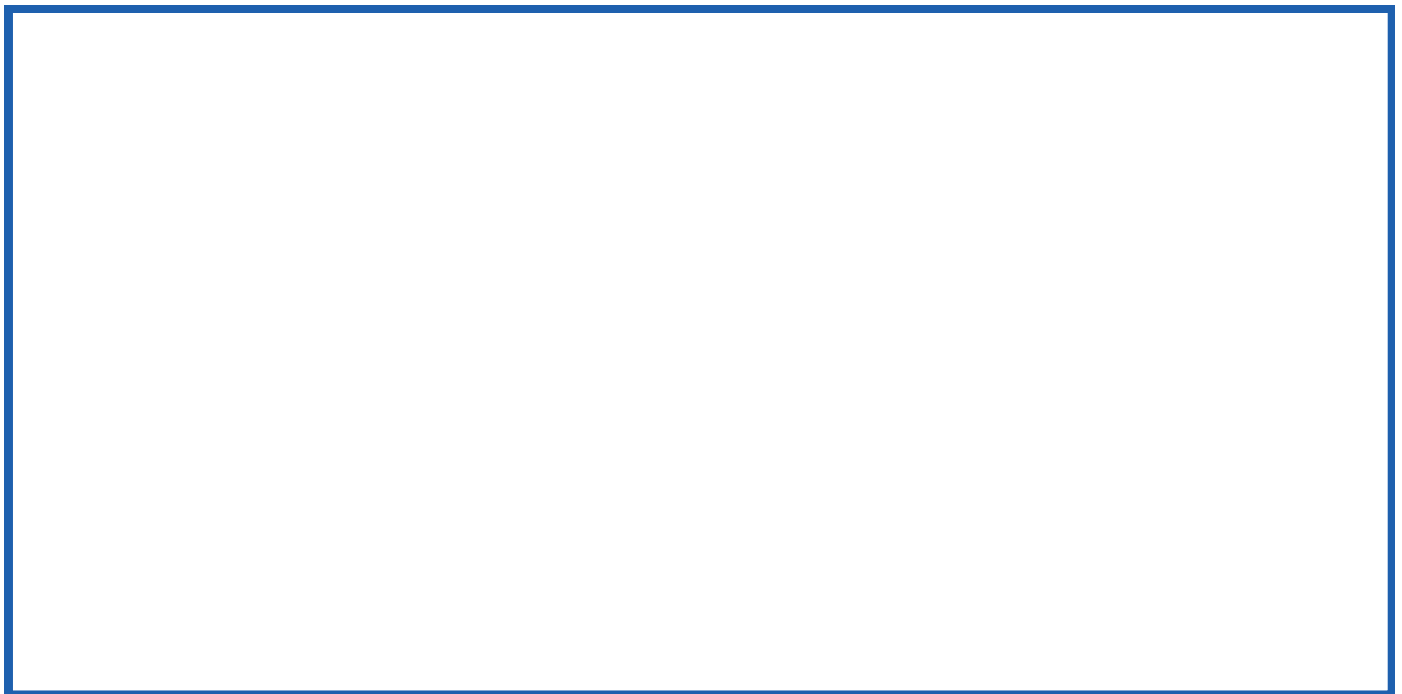


Challenge #2: They don't care... They aren't motivated...
They won't do it if I don't make them...

Opportunity #2: Foster a Sense of Agency

Strategy: Consider Objections to Asking for Help

Exercise/Tool: Ask yourself: Whose agenda is this?
What's in it for them?

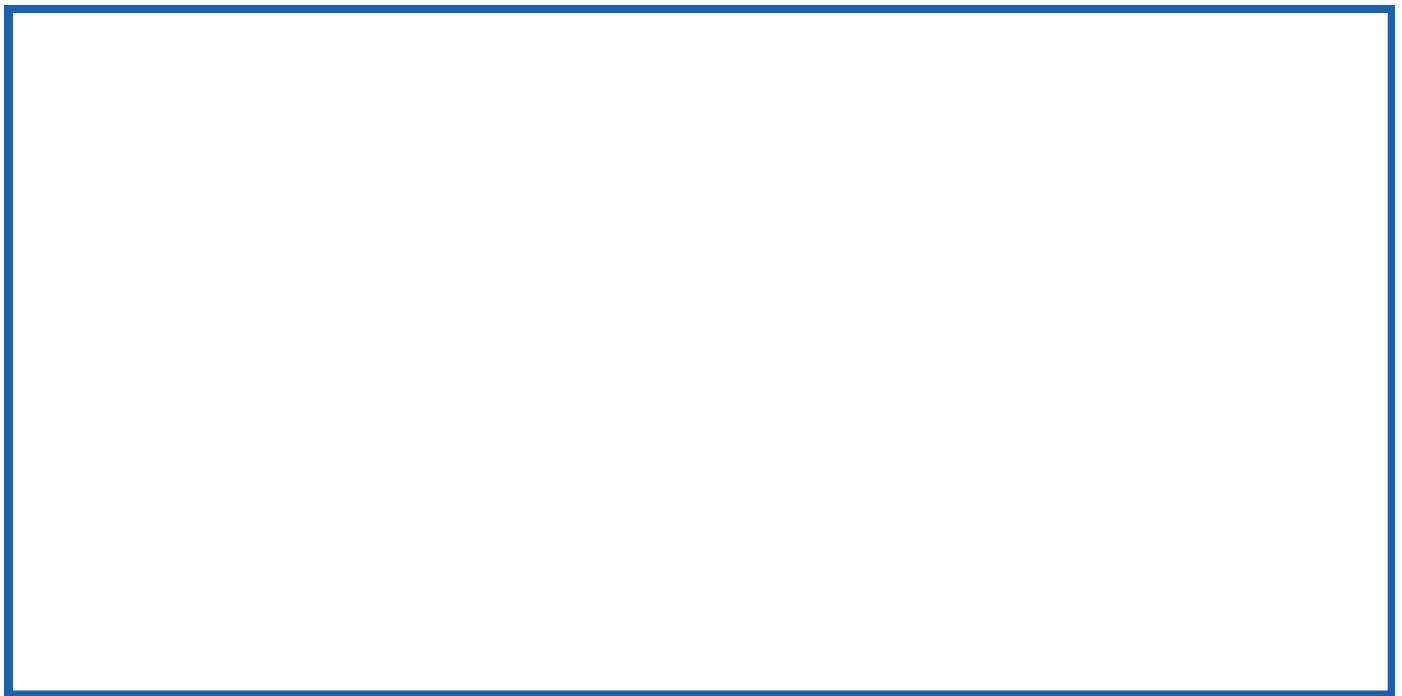


Challenge #3: Mistrust, Disrespect, & Power Struggles

Opportunity #3: Improve the Tone of the Home

Strategy: Understand the 4 Parts of Communication

Exercise/Tool: Ask Permission

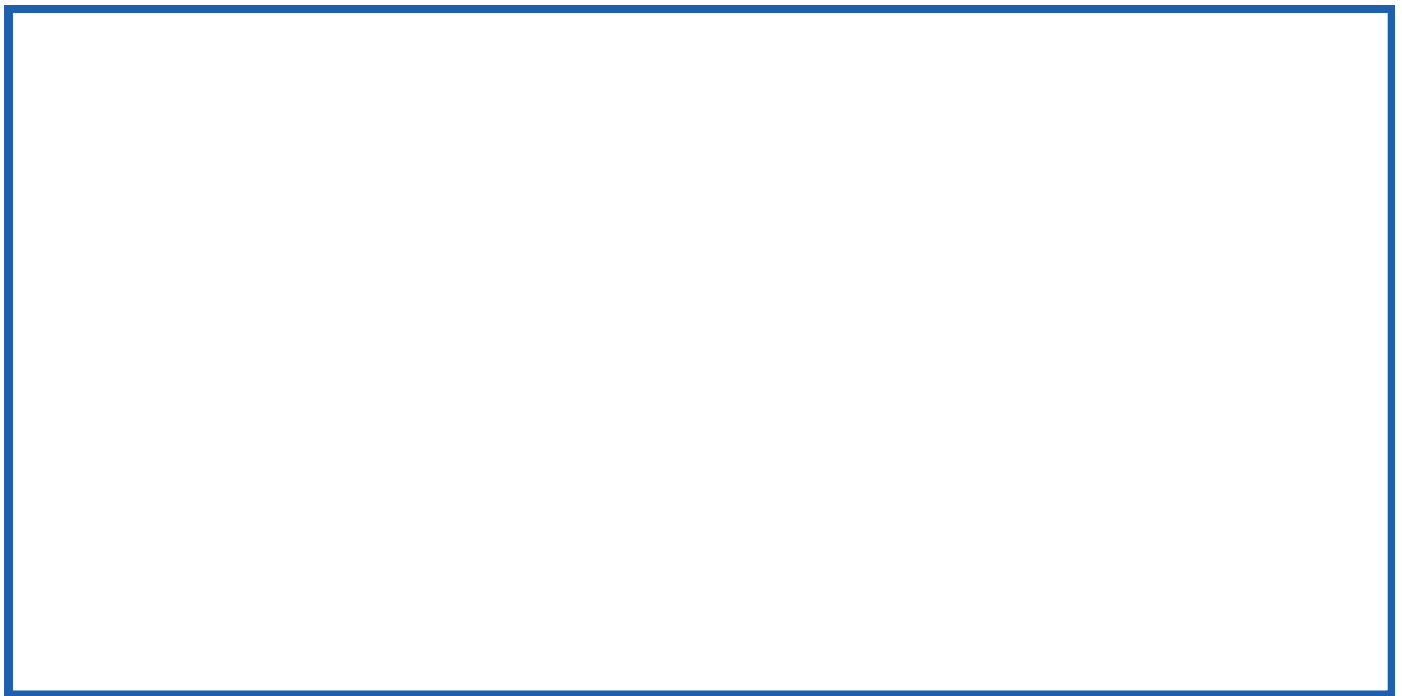


Challenge #4: Getting Important Things Done

Opportunity #4: Fostering Independence

Strategy: Meet Them Where They Are

Exercise/Tool: Practice the Art of Fostering Autonomy



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Elaine & Diane, Co-founders

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