



Are you serious about raising your son or daughter to be the best person they can be?

Parenting a teen or young adult demands tremendous skill and yes...strategy. Yet most parents have little to no training...UNTIL NOW!



The MindsetGo Parenting Workshops offer a variety of topics and provide a supportive, non-judgmental environment and deliver usable and applicable strategies to foster impactful conversations, improved self-awareness and emotional intelligence that you can model for your children.

Through active participation and collaboration, you will learn new communication techniques to parent with increased skills, confidence and competence. Led by Mark Altman, participants will join a diverse group of parents who engage in skill-building activities, stimulating group discussion, and role-plays that simulate situations parents face every day. Improve your ability to support your kids throughout their adolescence and enjoy the opportunity to learn and expand your parenting skill set.

Parenting Programs

1. **Surviving Adolescents: Outwit, Outplay, Outlast!**
2. **Celling Yourself Short**
3. **How to Talk so Kids Will Listen and Listen so Kids Will Talk**
4. **Nixed Emotions: Teaching Fathers and Sons to Express Feelings and Advocate for Themselves**
5. **Being on the A-List**
6. **Don't Sweat the Small Stuff**

Workshop participants can join a diverse group of parents who engage in role-playing, group discussion and dramatizations that simulate situations parents face every day.

RECOMMENDED FOR

- | | |
|------------------|----------------|
| Married Couples | Mentors |
| Single Parents | Grandparents |
| Divorced Parents | Older siblings |
| Guardians | |

Let's Talk! Contact Mark Altman at 978-206-1535 or maltman@mindsetgo.com



OBJECTIVES

- Build a healthy, positive, mutually respectful foundation
- Learn and practicing lifelong relationship skills
- Seek empathy and support from your kids
- Adjust to parenting a child who is now doing adult things where the stakes are higher and the demand for independence is higher
- Reshape and reform your relationship with your teen or tween
- Ensure your children build healthy relationships for themselves in their personal lives
- Model and empower your kids to be involved in decision-making

LEARNED SKILLS

- **INSPIRE** your children to share what is going on in their lives
- **PROMOTE** positive interactions and exceed the emotional and practical requirements of parenting
- **ADAPT** to your child's changing habits, patterns and behaviors
- **STAY** connected during transitions and challenging times
- **CREATE** a safe and supportive communication environment
- **EMPOWER** them to become independent adults, free from emotional strings that burden children well into their adult lives

CONVENIENT AND FLEXIBLE!

In addition to public workshops, our parent, couples or family coaching can also be delivered through
One-to-One Coaching • Virtual Training • On-Site Training

HERE IS WHAT PEOPLE ARE SAYING...

Mark Altman's presentation was thoroughly engaging and enjoyable and made a meaningful impact on the parents. His presentation combined storytelling with group interaction. Mark's style and connection with the audience allowed him to connect with a very diverse group of adults. His natural ability to encourage participation and help heighten communication skills was very impactful and sustaining.

*Alex C
President, Acumentri*

Mark's suggestions and ideas regarding communication with teens transformed traditional mindsets and challenged parents to look at their communication styles in a new way. He offered simple and practical solutions to effectively parent teens that we can apply immediately. The workshop was a huge success!

*Yvette Normandin Whitesell
Director of Student Services
Blackstone Valley Regional Vocational
Technical High School*

I attended one of Mark's Parenting Skills for Life workshops this Fall and thoroughly enjoyed it. The role-play, modeling and collaborative discussions really worked, helped solidify the ideas presented and made it really fun. Mark made the most of the varied personalities, embraced different perspectives and kept the activities and discussion interesting and engaging.

*Julie B
Hudson Parent*

Let's Talk!

Contact Mark Altman at 978-206-1535 or maltman@mindsetgo.com