



### **360 Parenting:** *Connect, Relate and Engage with Your Teens/Tweens*

The MindsetGo Parenting Training Workshops offer active participation, skill-building activities, stimulating group discussion, and role-plays; to experience situations parents like you face every day.

This “how-to” series features seven unique programs that help parents learn new communication techniques they can apply in any situation to ultimately improve the whole family’s quality of life.

**Surviving Adolescents: Outwit, Outplay, Outlast** - establish mutual respect with your teen, open communication channels, avoid the traps our teens set for us and the ones we set for ourselves, and establish a healthy relationship with our adolescents.

**Celling Yourself Short** - Research now shows (the iGeneration), a population with an exponential increase in stress, anxiety, depression, attention deficit, and obsessive-compulsive behavior. Our most technically advanced generation is also the most socially awkward. Parents will gain increased skills and confidence by inspiring their children to put down their phones and motivate them to share what is going on in their lives.

**How to Talk so Kids Will Listen and Listen so Kids Will Talk** - Tired of having to repeat things? Do you wish your child would just listen and cooperate? Learn some of the best strategies for getting cooperation, using intrinsic motivators, making kids feel valued, and teaching kids *why* you want them to do things as opposed to *what* you want them to do.

**Nixed Emotions: Teaching Fathers and Boys to Express Feelings and Advocate for Themselves** - Many generations of boys have been taught from an early age to suppress their emotions and feelings because they represent failure and weakness. Mark shares the tools to model and coach behavior that will support confidence, happiness and security for your son(s).

**Being on the A-List** - the true parenting measure of success is when your teen includes you at the top of the list of who they turn to when they need help and guidance. This engaging program provides guidance and direction on how to be at the top of your child’s list now and forever before they leave home for good.

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