

# Talking Teens

## 2-day training course



This 2-day training course provides the skills, knowledge and confidence for practitioners to deliver four 2-hour workshops for parents of teenagers. These workshops have been developed with Dr. John Coleman (clinical psychologist with an international reputation for his work with parents and young people) to increase parents' understanding of teenagers' feelings and behaviour, and deliver key strategies for maintaining and improving relationships. It includes discussion on teenage brain development and the adolescent developmental process, and ideas and strategies for professionals working with teenagers and their parents to help them motivate and support young people in an emotionally healthy context. The course brings together the latest understanding from neuroscience and developmental psychology and the principles of the Nurturing Programme, one of the leading social and emotional programmes in the UK.

### Key topics:

- ✓ Exploring the importance of parents for teenagers
- ✓ Developing parents' understanding of teenage development and the influence of brain development on behaviour
- ✓ Developing parents' understanding of the importance of listening, verbal and non-verbal communication
- ✓ Promoting positive approaches to boundary setting and problem-solving
- ✓ Providing an opportunity for parents to share their experience with others

### Contents of the Talking Teens Parent Groups

<b>Week One</b>	Being the Parent of a Teenager
<b>Week Two</b>	Understanding your Teenager
<b>Week Three</b>	Communicating with your Teenager
<b>Week Four</b>	Managing conflict

Each session will be for 10-20 parents and facilitated by two trained facilitators.

### Training options:

#### £400 per person

Visit our [online training calendar](#) to see training dates around the country and book your place. Contact the Training Team for further details: [training@familylinks.org.uk](mailto:training@familylinks.org.uk) or 01865 401800

#### £4990 for a group of up to 16 trainees

To find out more or to book an in-house training course for your team contact Pip:

[training@familylinks.org.uk](mailto:training@familylinks.org.uk) 01865 401800

Prices applicable to training courses delivered on the UK mainland.

Cost includes a Talking Teens Facilitators Handbook, Talking Teens Booklet for Parents and 'Why Won't My Teenager Talk to Me?' by Dr. John Coleman .

*\*If already trained as Parent Group Leaders, there is also 1-day training available.*

**"It's been so, so useful. The ultimate benefits will include the way my children parent their children...and so on, so I can see the massive value to society now and in the future. Thank you all" (Parent)**

[www.familylinks.org.uk](http://www.familylinks.org.uk) [training@familylinks.org.uk](mailto:training@familylinks.org.uk)

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