

Talking Teens

1-day training course for Parent Group Leaders



This 1-day training course for Parent Group Leaders allows practitioners to deliver four 2-hour Talking Teens groups for parents of teenagers. These 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.

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

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

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

Recognised Parent Group Leaders need to attend a 1-day course where they will be trained to deliver Talking Teens Parent Groups and provided with a manual for the programme.

Training options:

£220 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 or 01865 401800

£2800 for a group of up to 20 Parent Group Leaders

To find out more or to book an in-house training course for your team contact Pip: training@familylinks.org.uk 01865 401800

Prices applicable to training courses delivered on the UK mainland.

**"Communication. The importance of listening. Remember that children hear what you say through their filters."
- parent**

"It's insightful for parents, being able to reflect back on their own behaviour and how this may be impacting on their teenager." - Talking Teens Group Leader

www.familylinks.org.uk training@familylinks.org.uk

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