

Teenagers Translated

Courses in developing Emotional Literacy



Facilitated by:

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Teenagers Translated A Course for Parents of Teenagers

What is the Course about?

The focus is on improving parents' relationships with their teenagers. The Course helps parents to develop the tools to understand and manage their own emotions, responses and interactions within all their relationships both professional and at home. Improved communication, especially with children has a positive effect on the child's behaviour.

Why do I need to do this Course?

The prospect of children becoming teenagers can be daunting. Suddenly your child starts behaving very differently. Children can be incredibly challenging during this period, yet parenting during the teenage years is perhaps the most crucial time *not* to disengage. Becoming Emotionally Literate helps parents to deal with this transition more calmly. By developing the tools to better handle your own reactions, you are in effect freeing up your children to manage themselves and their lives more effectively so that they can be more fulfilled and successful as adults.

What is Emotional Literacy?

Becoming Emotionally Literate means developing a better understanding of your own emotions and learning to manage and express them appropriately. Knowing this leaves you in a stronger position in all your relationships, in particular with teenagers at a time when they might be more prone to emotional outbursts or prolonged periods of silence. Current research has highlighted the powerful links between developing emotional intelligence and raising self-esteem, IQ, motivation, popularity and successful relationships. In short, being Emotionally Literate improves our potential to be successful and happy.

How will this happen?

The aim of the course is to raise parents' self-awareness and improve communication and relationships. Within a framework of Emotional Literacy, we will examine some of the current findings from neuroscience and biochemistry to understand what is actually going on in the mind/body. We will also look at some principal theories of psychology that we consider vital for understanding how we communicate and what informs our behaviour and ultimately our personalities. Alongside the theoretical elements of the training, you will be able to put some of the theory into practice by taking part in some practical and interactive exercises, giving you a chance to reflect and practice alternative ways to handle real life situations with your teenagers.

Feedback from participants of previous courses:

“What a great course – you made it very user friendly and personal and it was therefore easy to relate to my own life, and comforting to know that we are all on a huge learning curve and sometimes it is a struggle”

“I can’t get over how much the course affected me and changed the way I am in all my relationships. I have found it all astonishing and think this course would be difficult to beat”.

“It was really helpful to define the changing role of a parent of a teenager. I am really grateful to know this now. It would have taken me years to work this out for myself and by then it would have been too late”.

“It was a great course - encouraging and very positive and informative. It was all clear, interesting and I think it is a fantastic concept - now I feel I have the tools to understand a very misunderstood, yet crucial stage of life”.

The Trainers: Who are we?

The courses are facilitated by Janey Downshire and Naella Grew. We both consider family life to be a crucial aspect of the developing child and we have spent the past five years studying relationships, qualifying and working as counsellors, whilst also parenting our own children (seven between us).

Our courses are the culmination of our training and experience in both Counselling and Emotional Literacy. Between us, we have developed both theoretical and practical knowledge about how problems manifest themselves, and how to avoid some of the pitfalls which present themselves during the teenage years. We have distilled our knowledge, gained through research, lecturing and working both with individuals and in group settings, into a course designed to improve the parental role.

Courses Spring 2010

It is necessary to do both the dates

Fathers’ Course Dates: Monday 1st March & 15th March

Cost: £80

Time: 6 – 9pm

Venue: Clifton Castle, Ripon HG4 4AB

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Registration (YORKSHIRE COURSE: FATHER)

Please send this form along with your cheque for £80 to the following address. Please make cheques payable to

Teenagers Translated
3 St. Peter's Grove
York YO30 6AQ

Name of participant:

Address:

EMAIL:

Telephone (Home):

(Mobile):

Are there any personal issues in your life of which you think we should be aware (e.g. recent bereavements, health issues etc)?

Are there any particular issues you would hope that the course would cover e.g. confrontation, relationships, discipline etc?