

(WEBSITE UNDER CONSTRUCTION)

Teenagers Translated



Do you sometimes wish you could understand your teenager better?
Do you wonder why they behave the way they do?
Would you like to feel you could navigate the teenage years more smoothly?

We run courses to support parents during the teenage years

Janey Downshire (Grad.Dip. Couns; Cert Emotional Literacy; MBACP) and
Naella Grew (BA; Grad.Dip.Couns; MA; MBACP)

What is the Course about?

The focus of the course is on improving relationships with teenagers. It is not group therapy and there is no requirement to divulge anything personal. We cover a wide range of topics and our material is a blend of scientific evidence, psychology, and personal research. We look at changes in the teenage brain as well as two psychological theories in order to enhance an understanding of changing behaviour and communication styles. We bring all this alive and make it relevant to parents through examples, offering opportunities for participants to interact, reflect and discuss alternative ways to handle real life situations with their teenagers. The aim is to learn, understand, look forward and hone your skills.

How will the course help me?

The prospect of children becoming teenagers can be daunting. Suddenly your child starts behaving very differently. Parenting can be incredibly challenging during this period, yet it is crucial to find ways of keeping the channels of communication open. Better communication positively impacts relationships and we will provide you with tools to do this and improve what is going on in your own family. Understanding changes in behaviour, in particular emotional outbursts or periods of silence, helps parents to deal with these situations more calmly. By developing the tools to better handle their own reactions, parents can help their children to manage their lives better and become more fulfilled, motivated and happy.

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, 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”.

“I just wanted to tell you what a great course you gave us. I think it is a fantastic conceptnow I feel full of ideas now and I can’t wait to try them out. Well done to both of you!”

“Thank you so much for a very interesting course. With older teenagers I was initially sceptical, but what you teach is appropriate to all relationships. It makes one realize how lazy we become in our emotional thinking & behaviour.”

“What a totally great course you both gave us. It was thought provoking, emotional, intelligent, empowering and fun. You were both brilliant presenters and managed both to articulate and illustrate your message very well. Thanks a million – I can’t wait to get started!”

“We all found the day today incredibly interesting and you have given us so much to think about – my children barely recognised my parenting methods this afternoon”

Autumn Courses 2010 PROVISIONAL DRAFT

**Every Course consists of 2 sessions. It is necessary to do both the dates to complete the Course.
Day Courses 9.15am - 3.30pm. Cost: £180 Evening Courses 5.30pm – 9.00pm. Cost: £150**

London Day Course: 22 Sept and 13 Oct

Oxfordshire Day Course (Appleton): 14 and 21 Sept

Hampshire Day Course (Fordingbridge): 16 and 30 September

Hampshire Day Course (Wonston): 15 Sept and 6 Oct

Hertfordshire Day Course (Stevenage): 23 Sept and 14 Oct

PLEASE CONTACT US FOR A REGISTRATION FORM & VENUE DETAILS:

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