

# MAKING THE MOST OF TEENAGERS



We all know parenting an adolescent can be challenge.  
**Would you like to learn about what's going on and why?**

**Yes**

Our programme introduces you to **practical**, easy to use **solutions** for avoiding issues in the future and or improving relations now.

This **tried and tested, 7 week** programme covering:

- Changing needs and insecurities associated with adolescence.
- Building and maintaining self-esteem
- Gaining an understanding of the motivations of the adolescence.
- Knowing and accepting each day is different and dealing with everyday stresses.

'I realised it's not about handling teenagers but understanding the changing dynamics of the family'



'Simple but effective tools– I think every parent needs to do this course!'

"I didn't have any issues, I just wanted to learn more about what to expect and it really met my outcome"

Course fee of **£80** for 7 sessions **starting 21<sup>st</sup> September 2017** at South Wilts Grammar School every **Thursday evening 7pm – 9pm.**



Contact Parenting Coach **Linda Cantillon-Guyatt** for more details on [Lindac@iburst.co.uk](mailto:Lindac@iburst.co.uk) or **07552168849** by 11<sup>th</sup> September 2017