

Parenting Tweens and Teens

Join renowned author, psychotherapist and parental coach, **Alicia Drummond** for intensive, small-group sessions to explore how best to parent today's teenagers.

You can attend one session or the full course, and with a maximum of only eight participants, the groups will be very small and personal, with plenty of time for individual exploration.

Monday 25 March 2019

Teen Development

Learn what to expect during adolescence; the role of the peer group; why they need to experiment & which battles to pick. Give them more independence whilst keeping them safe and help them make good choices when faced with potentially risky decisions.

Monday 8 April 2019

Teens & Emotions

Talk to teens so they will talk to you & use communication to build strong relationships. Explore why teenagers are emotionally reactive; how to avoid conflict & learn tools to help them build self awareness and self management.

Monday 29 April 2019

Motivating Teens

Create a culture of success that fosters growth mindsets. Explore the theory of motivation to encourage young people to take responsibility for themselves & their learning to develop self-esteem and self-confidence

Monday 20 May 2019

Teens & Boundaries

Learn how to set effective boundaries to stop problem behaviour. Our six step problem solving model will help you stay calm, confident & effective when drama strikes.

All groups run **09.30 - 11.00am** at Esher Groves Clinic, 13 Church Street, Esher, KT10 8QS and are priced at £75 per session; or £275 if you book all four.

*Please contact reception at Esher Groves on **0345 1122300** for more information or to book a place.*

