



The Teen Esteem

Win the Tween & Teen Years

A PRACTICAL AND STRAIGHTFORWARD ONLINE COURSE
FOR PARENTS OF TWEENS AND TEENS

Teenagers are supposed to individuate and push limits, it's part of a healthy child development. Just because this is a normal part of development, doesn't mean it's easy for parents. I can offer straightforward and practical strategies to help you navigate the teenage years and enjoy your relationship with your child again.

Here are some things you will learn to Win the Tween and Teen Years.

Section 1

Your Teen and their Mood

- Learn about how your teen's brain is developing
- Understand the impact of hormones and how they are affecting their moods
- Create healthy boundaries with your teen
- Learn how to stay calm and collected when they experience all the feels
- Practice 3 skills to create calm when it is chaotic in the home

Section 2

Creating a Confident Teen

- Learn how their brain development impacts their confidence
- Understand confidence as your teens thoughts put into action
- Learn how to help your teen increase their confidence by allowing them to take risks
- Help your teen to be okay with the "F" word and help them when they take a risk and FAIL
- Learn 5 Cognitive Behavioral techniques that help them increase their confidence



Section 3

Picking “No Drama Friends”

- Learn how to help your teen develop healthy peer relationships
- Help your teen understand how to choose positive peers to be their friends
- Teach your teen how to be a good friend
- Learn how to help your teen navigate drama in their friend circles
- Develop positive interactions with your teens’ friends
- Help your teen look for healthy relationships with positive role models

Section 4

Communication Skill Building with your Teenager

- Learn how to create healthy communication styles
- Learn how to use devices and apps that teens use with their peers to talk to you
- Choose appropriate times to discuss things with your teenager
- Set up scheduled time for your teen to share and talk with you
- Create a family communication system that works to reduce the chaos

Section 5

Teens and Technology

- Learn how to “set up” device limits to help your teen to be set for success
- Learn how to talk with your teenager about appropriate and healthy screen time
- Help your teenager navigate and manage FOMO
- Learn how to teach your child about addiction and the dangers of pornography and sexting
- Learn how to help your child use social media for good
- Incorporate other ways for your child to experience fun and play other than screens
- 3 steps for a Screen time reset

Section 6

Chores & Responsibilities

- Learn how to motivate your teen to help with household responsibilities
- Help your child develop skills that they will need in the future
- Create a system that will help your teenager engage and complete chores
- Increase your child’s responsibilities as you see fit with their maturity
- Encourage your teen to choose volunteer activities in the community that interest them
- Help your teen participate in shared family chores and have fun while doing it!

Bonus Section 7

Adulthood - Age 18+

- Learn the skills of Adulthood
- Learn how to teach your teen how to manage funds
- Help them apply for college, create a resume, get a job, and fulfill commitments
- Learn how to teach them to communicate with other adults in work and school
- Help your teen learn hygiene skills to maintain a healthy self
- How to teach teens about self-care, burn out, & creating a support system outside the home
- Help them manage friendships and create healthy boundaries

Bonus Section 8

Sex & Dating

- Help your teen understand that sex & dating are not synonyms
- Increase communication with your teenager about sex & dating
- Teach your teen healthy boundaries & understand consent are how to say and respect “no”
- Help your teenager think about keeping friendship while dating
- Help your teen think about the future of their decisions and evaluate social pressures and risks

About the Therapist

Leandra Wills is a Licensed Marriage and Family Therapist, MFC #48557 (CA), MFT.0001780 (CO).

Leandra provides psychotherapy to individuals, children, tweens, teens, couples, and families. She has a private practice in Boulder, CO and works with clients in Colorado and California.

leandra@leandrawills.com

www.theteenesteem.com

720-441-4792

