



The Teen Ages: Mystery or Mastery?

Discover the Seven Ways to Coach your Teenager

Have you ever wondered "How am I going to be sure that my teenager makes good, responsible choices when I'm not around to guide them?" At Coaching 4 Teenagers we will give you the skills to maximise your potential as a parent. Through either a 4 week workshop series or ten one-on-one coaching sessions we will unpack the Seven Ways to Coach Your Teenager and your relationship will be transformed into one of mutual love and respect.

Our current workshop series is full, however there is limited space available in the evening workshop and some space available in the daytime workshop series starting in May. See the [Workshop](#) page on the website for more details.

Some of the things our current workshop participants are saying: *"I never knew it was so simple", "I wish I had these skills to use with my older children who are almost out of the teenage years!", "What great tools, they are useful in all relationships not just with my teenagers!"*

"Though no one can back and make a brand new start. Anyone can start from now and make a brand new ending"

Anon