

# TALKING TEENS (2-DAY TRAINING)



The Centre for Emotional Health

This 2-day training course is for practitioners that haven't previously trained as Parent Group Leaders (PGL) and wish to offer the 4-week Talking Teens programme to parents of teenagers. Based on the most recent research on adolescence, and consistent with the principles of The Nurturing Programme, the groups provide a positive view of teenage development and focus on relationships within the family, communication, negotiating, decision-making and strategies to reduce conflict.

## LEARNING OUTCOMES FOR PROFESSIONALS

- ✓ Demonstrate group facilitation skills
- ✓ Outline the key themes of adolescent development
- ✓ Describe the needs of both parents and adolescents during the teenage phase
- ✓ Relate these needs to appropriate parenting styles, skills and strategies
- ✓ Deliver the Talking Teens workshops to groups of parents and/ or in one-to-one sessions with parents

## RESOURCES

The training includes a copy of: Talking Teens PGL Handbook, Talking Teens: Your guide to Understanding Teenagers Booklet for parents, Why won't my teenager talk to me.

## OUTCOMES FOR PARENTS AND CHILDREN

- ✓ Parents getting on better with their teenagers
- ✓ Reduced stress in the family
- ✓ Increased confidence in talking about difficult issues
- ✓ Increase in understanding of teenagers' feelings

### BOOK TRAINING:

#### **£400 per person**

Visit our [online training calendar](#) to see training dates around the country and book your place.

#### **£4,990 in-house team training**

For a group of up to 20 Parent Group Leaders/ Antenatal Group Leaders. To find out more or team bookings, please get in touch.

Prices applicable to training courses delivered on the UK mainland.



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