



Jon Boekelmann-Evans

Course Outline

1 hr - 1.5 hrs

Content will vary with length of course

**TEENAGERS:**  
A Resilience Toolkit  
for Parents

We all want the best for our children and our job as parents is to equip them with everything they need in order to be able to lead happy and fulfilling lives - a task which can sometimes feel overwhelming. This ground-breaking seminar provides essential knowledge and techniques that you can use to help your children grow into responsible, resilient and resourceful adults capable of steering a successful path through life.

**What kind of adult will your child become?**

Every parent wants the best for their child, but what can we do to ensure that they are as emotionally healthy as possible so they can be robust and resilient to the challenges life presents

Aims of the session, managing expectations and reassuring parents that they can influence their child's future in constructive and positive ways

**Everyone needs a few Coping Mechanisms**

An insightful exercise that demonstrates how quickly high emotional arousal can cause us to make mistakes, poor decisions and lead us into conflict with those we love

Strong, overwhelming emotions are the enemy of happiness, family harmony and future success for your child.. This simple exercise brings home how quickly the problems can mount up

**The Nature of Life**

Our lives are a constant battle between Demands and finding the Resources to meet those demands. When we forget about our resources - that's when stress occurs. This straightforward process helps your son or daughter to focus on their resources

Our basic survival instincts encourage us to focus on the threatening and the negative. Learn how to help your children understand and focus on all the incredible resources they have in their lives

**PRACTICAL: First Aid for Strong Emotions**

The technique all families should know - learn it, love it and teach it to your loved ones. Almost all situations of conflict are defined by powerful unhelpful emotions such as anger, anxiety and fear of the future. This technique can keep everyone on an even keel.

Show your family how to use physiology to control unwanted strong emotions, unlock logic and intellect, gain perspective and make good decisions. No practice needed - it works!

**Emotionally Meaningful Goals and Mindset**

Helping your daughter/son discover and connect with meaningful goals and develop the mindset to help achieve those goals is a powerful force for dealing with setbacks.

When young people connect with WHY they're putting effort into areas of their life that matter to them they are far more motivated to overcome setbacks and achieve what they're focused on.

**RESILIENCE: 6 Simple Steps**

No parent should worry that their children aren't resilient enough. Easy wins to boost your child's existing resilience to new levels

All humans are super-resilient - it's built in - but we have to create the environment in which resilience can blossom

**The Emotional Foundations of Family Life**

Our emotional needs are the building blocks of our emotional health. Learn what they are and how to ensure your child is getting their emerging needs met in constructive ways

Understand what motivates all human behaviour and learn how to help your children avoid the negative coping strategies that can compromise their resilience and future wellbeing

**PRACTICAL: Mental Focus Technique**

Widely used by top sports professionals - bring instant calmness into your life, relax, regain focus, reduce overwhelm and be at your best as a parent and a great example to your children

This powerful but simple technique is used by elite sports men and women to stay calm under pressure. Learn it and teach it to those who need it most

"Thank you so much for your seminar at my daughter's school. My wife and I really enjoyed your presentation - it was thought-provoking, interesting, informative, amusing and helpful."

Parent of 6th Form student, St Helen's School