

TALKING TEENS (1-DAY TRAINING FOR PGLS) ONLINE OR FACE-TO-FACE

This 1-day training course is for practitioners who have already trained as a Parent Group Leader (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

- ✓ Outline the key themes of adolescent development
- ✓ Describe the needs of both parents and adolescents during the teenage years
- ✓ 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

RESOURCES

The training includes a copy of: Talking Teens PGL Handbook, Talking Teens: Your Guide to Understanding Teenagers booklet for parents and Why Won't My Teenager Talk To Me?

OUTCOMES FOR PARENTS AND CHILDREN

- ✓ Improved relationships between teenagers and parents
- ✓ Reduced conflict and stress in the family
- ✓ Increased confidence in talking about difficult issues
- ✓ Increased understanding of teenagers' needs and development

BOOK TRAINING:

£220 face-to-face or £180 online per person

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

£2,800 face-to-face only for teams

For a group of up to 16 Parent Group Leaders. To find out more or team bookings, please get in touch.

Prices applicable to training courses delivered on the UK mainland.



The CPD Certification Service

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