

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:

£240 face-to-face or £190 per person online

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

£2,950 face-to-face only for teams

For a group of up to 20 Parent Group Leaders. To find out more or to discuss booking a team training, please [get in touch](#).

Prices applicable to training courses delivered on the UK mainland.



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