



## **Let's Talk Teens Parenting Workshop – 5th May 2018** **Dauntsey's School SN10 4HE – 8:30am – 1pm**

On Saturday 5th May Alicia Drummond is coming to run a Let's Talk Teens Parenting Workshop. Following Alicia's visit to Dauntsey's in October, I am delighted that she is returning to provide practical advice and understanding to any parent in the school. This workshop is designed to give parents a better understanding of teenagers; the tools and skills for a smooth ride through adolescence and a forum to exchange ideas and thoughts with other parents.

Alicia Drummond of Let's Talk is a BACP accredited counsellor and parent coach who has been working with teenagers and families for years, both in private practice and in schools.

The workshop covers:

- how teenager's emotional, physical and cognitive developmental needs drive behaviour
- how our role as parents needs to change as they change,
- how to open and maintain lines of communication,
- how to reduce conflict,
- how to set boundaries (and what to do when they are broken),
- how to motivate teens to do what they need to do with a minimum of resistance,
- how to set teenagers up for success
- how to build self-confidence,
- plus party-guidelines, social networking, sexting, gaming, relationships, peer pressure, drugs and alcohol.

There is lots more information and testimonials on the Let's Talk website but to give you an idea of what others have thought, parents have described the workshop as "enlightening, practical, pro-active, helpful, thought provoking and surprisingly humorous". "If you want to be reassured that you're not alone in the trials and tribulations of raising teenagers, Alicia will do it – a no nonsense, positive approach that is refreshingly human".

The day will begin in the William Dauntsey Room at 8:30am and finish by 1pm. The cost is £60 per person to include refreshments and course materials. Places are limited to 22 so early booking is advisable.

To reserve a place please visit the [bookings page](#) on the website [www.lets-talk.uk.com](http://www.lets-talk.uk.com) - we do hope you can join us.