



HOW TO CONNECT WITH YOUR

 *teen*

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Life Coaching

WORKBOOK

A NOTE FROM THE COURSE CREATOR

Welcome to the '*How to connect with your Teen*' Online course!

Connection is the greatest highway to influence our teens.

Having a healthy connection with your teenager is not optional; it is foundational for parenting and vital for your teen's well-being.

I commend you for taking the time and energy to invest in deepening your connection with your teen.

Each video is filled with actionable, life giving training to strengthen this relationship. However, the key to getting the most out of this course is not just found in watching the videos, but in the application. I encourage you to work through and grapple with the questions found in the workbook, as this is where true life-change will begin to take place.

This course consists of 7 modules. Each module has an accompanying PDF workbook. Each part of the workbook can be printed out as you follow each module. This PDF can be found in the 'lesson materials' tab with the first video of each module.

This self-paced online course gives you the tools and inspiration you need, to become the parent you want to be.

Are you ready? Let's begin....

Looking forward to walking this journey with you together.

With Love,

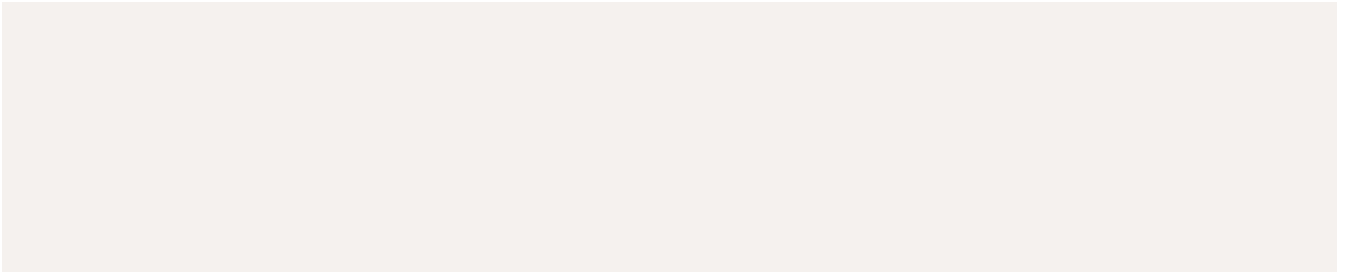
Sarah x



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MODULE 1: INTRODUCTION

1. What are your expectations for the course?



2. What's in your parenting toolbox? What are some of the tools you need to let go of? What are the new tools you need to adopt? Write your thoughts below.

