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Want peace in your home? Join us in the "War Room" for strategies to...

- Improve your relationship and interactions with your teen.
- Help your teen develop emotional agility and resilience to overcome challenges and setbacks.
- Help your teen become more confident and self-reliant.
- Increase your overall happiness, well-being, and resilience to stress.

Training Classes:

Improve Your Relationship and Interactions with Your Teen

Two 90-Minute Live Sessions over Zoom – \$99

Do you lose your cool when provoked by your teen? Do you want to better manage yourself and your relationship with your teen when triggered? Emotional Intelligence (EQ) involves four skills: self-awareness, self-management, empathy, and relationship management, which are essential for success in life and relationships. During this training, you will learn to improve your ability in each of the four EQ skills. You will also develop strategies to better manage yourself when triggered, set boundaries, have better conversations, and get better outcomes with your teen and others.

Effectively Manage Conflict with Your Teen

Two 90-Minute Live Sessions over Zoom – \$99

Do you have the same conflicts with your teen over and over? Do you want new ways to approach these conflicts? This training will teach you the five different modes of handling conflict and which is most appropriate for the situations you face with your teen. You will also learn strategies and techniques for effectively managing and resolving conflict. By the end of this training session, you will increase your confidence in your ability to effectively resolve conflict and have more peace in your home.

Stress Management and Resilience for Parents of Teens

Two 90-Minute Live Sessions over Zoom – \$99

Is stress impacting your health, productivity, ability to effectively parent, or the quality of your relationships? This training will teach you the cause of most stress and what you can do about it. You will learn practical techniques to stop rumination and worry, increase productivity and resiliency, and reverse the negative effects of stress on your health. This training will help you feel more empowered and in control rather than being controlled by the stress in your life.

Help Your Teen Become More Confident and Self-Reliant

Two 90-Minute Live Sessions over Zoom – \$99

Does your teen shy away from unfamiliar situations or become paralyzed by challenges? Are you doing all you can to help your teen be more confident and self-reliant? This training will show you how to help your teen develop essential skills in emotional agility and self-management. You will also learn critical coaching skills to help your teen problem solve, overcome challenges, and develop resilience.

Forum Options:

War Room Forum – Two 90-Minute Live Sessions over Zoom Monthly

10 Forum Sessions over 5 Months – \$499 if paid in full or 4 payments of \$135

20 Forum Sessions over 10 months – \$999 if paid in full or 4 payments of \$265

The War Room Forum consists of parents of teenagers (ages 13-18) who meet twice per month over Zoom for peer sharing and learning. In this forum, parents share their challenges and experiences with raising teenagers to both GAIN and PROVIDE insight to achieve desired outcomes. Ground rules are established to ensure a confidential environment where parents feel safe to openly share with the group. The War Room is focused on sharing proven strategies and being ACCOUNTABLE for taking action to get desired outcomes.

Package Options:

Complete Access Package

All 4 Classes Plus 10 War Room Sessions – \$795 if paid in full or 4 payments of \$215

- **Improve Your Relationship and Interactions with Your Teen**
- **Effectively Manage Conflict with Your Teen**
- **Stress Management and Resilience for Parents of Teens**
- **Help Your Teen Become More Confident and Self-Reliant**
- **10 War Room Forum sessions over 5 months.**
- **Two eBooks on Evoking Full Potential in Leadership and Life. Topics include stress management, resilience, well-being, improving relationships, communication, tough conversations, and emotional intelligence.**

Total Access Package

All 4 Classes Plus 20 War Room Sessions – \$1295 if paid in full or 4 payments of \$340

- **Improve Your Relationship and Interactions with Your Teen**
- **Effectively Manage Conflict with Your Teen**
- **Stress Management and Resilience for Parents of Teens**
- **Help Your Teen Become More Confident and Self-Reliant**
- **20 War Room Forum sessions over 10 months.**
- **Two eBooks on Evoking Full Potential in Leadership and Life. Topics include stress management, resilience, well-being, improving relationships, communication, tough conversations, and emotional intelligence.**

Personal one-on-one coaching is also available. Contact Melissa Kessler for a FREE exploratory coaching session.

[Click here to learn more about what personal coaching can do for you.](#)

**To sign up or for more information, contact Melissa Kessler at
(586) 295-3421 or Melissa.Kessler@EvokePotential.com.**

