

Brick Walls & Breakthroughs: Understanding the Teen Years

Workshop Overview

The teenage years can be full of friction, frustration, and profound opportunity. Teens may seem moody, disconnected, or defiant, but they often struggle to regulate their changing inner world. This workshop helps adults **reframe teen behavior through a developmental lens** and provides **practical strategies** to reduce conflict, deepen trust, and speak in ways teens can actually hear.

Who Should Attend?

- ✓ High School Educators & Administrators
 - ✓ School Counselors & Youth Mentors
 - ✓ Occupational & Mental Health Therapists
 - ✓ Parents & Caregivers of teens
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What You'll Learn

-  How to understand teen behavior as a developmental and emotional process
 -  Ways to speak to teens that lower defensiveness and encourage openness
 -  Tools to help teens regulate emotions, reduce risky behavior, and make wiser choices
 -  Strategies to foster trust and connection while still setting limits
 -  How to balance structure and nurture during this critical developmental phase
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Workshop Details

-  Duration: Customizable (typically 2–6 hours)
-  Format: In-person or virtual
-  Email: info@thethrivegroup.co
-  Websites: www.thethrivegroup.co | www.otinyourpocket.com

 *Bridge the gap with your teen—gain tools to connect, communicate, and guide them through the journey to adulthood.*