



Chrysalis
COUNSELING
transform . inside out

Staying Connected in Your Child's Real World



**Write one word that your child uses
to describe you.**



HOW DO YOUR CHILDREN VIEW YOU?



SPY



CONFIDANT



WITHDRAWN



AUTHORITY FIGURE



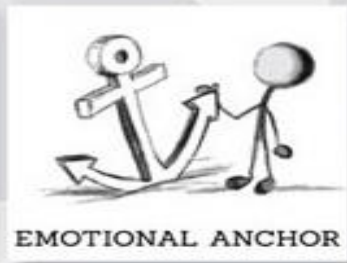
FRIEND



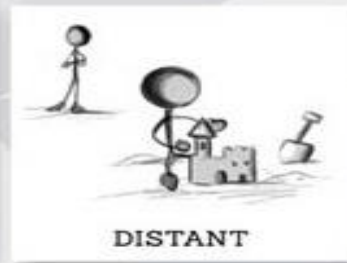
AFFECTIONATE



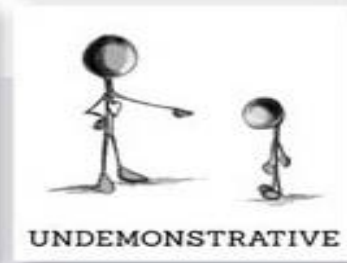
INVOLVED



EMOTIONAL ANCHOR



DISTANT



UNDEMONSTRATIVE



DEPOSITS

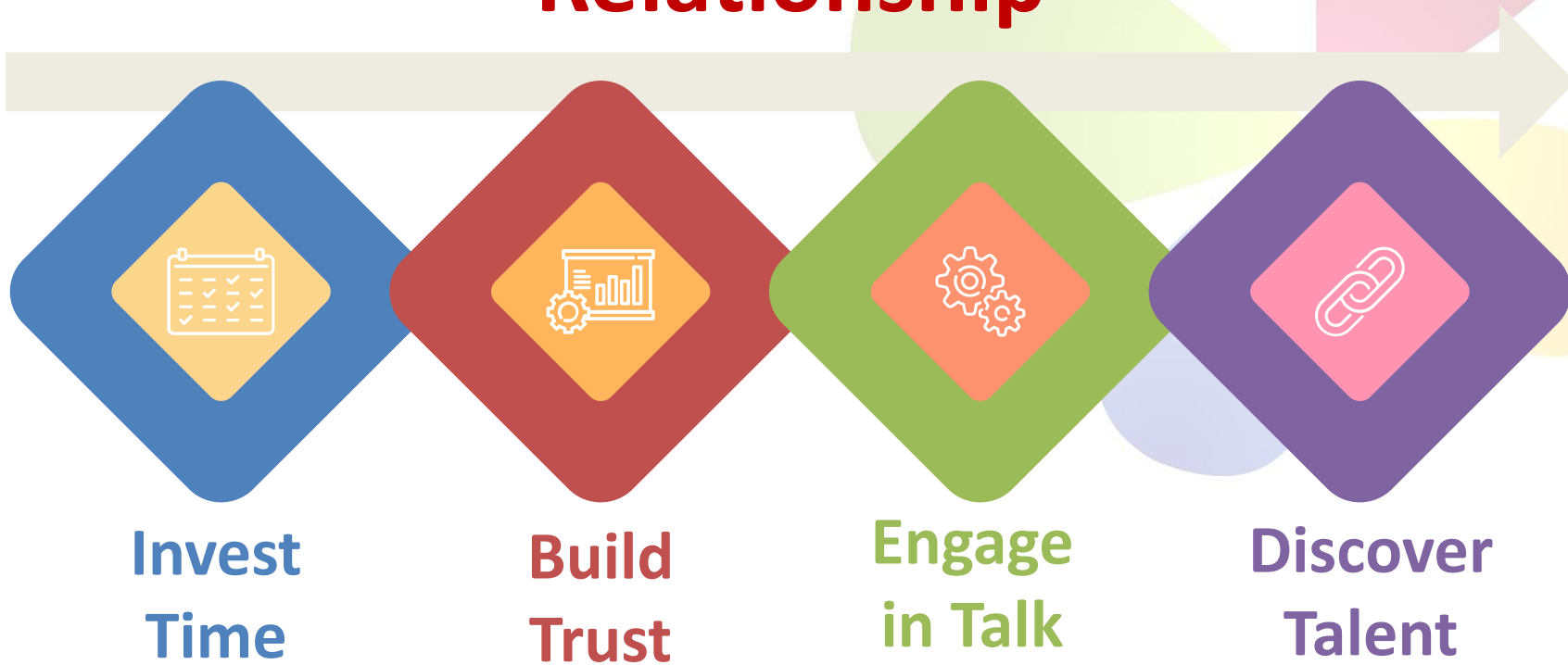
positive interactions

WITHDRAWALS

demands and negative interactions



Deposits for Nurturing a Healthy Relationship



INVESTING TIME

Time = Attention

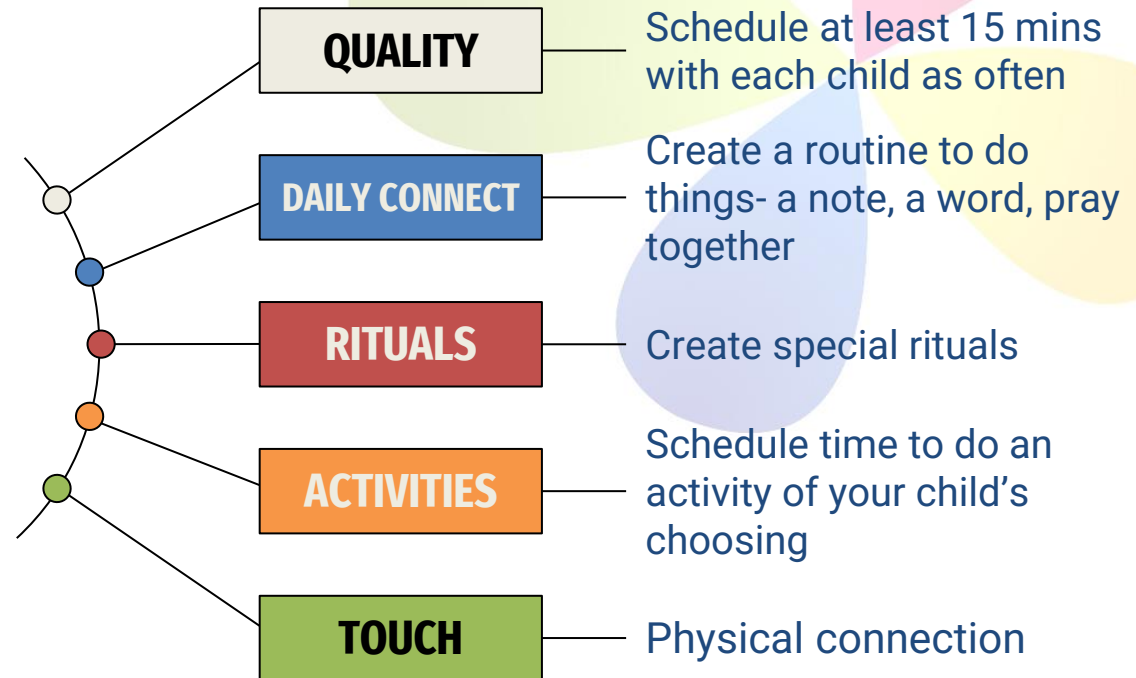
Confidence

Better
Behavior

Obedience

Desire to
please

INVESTING TIME

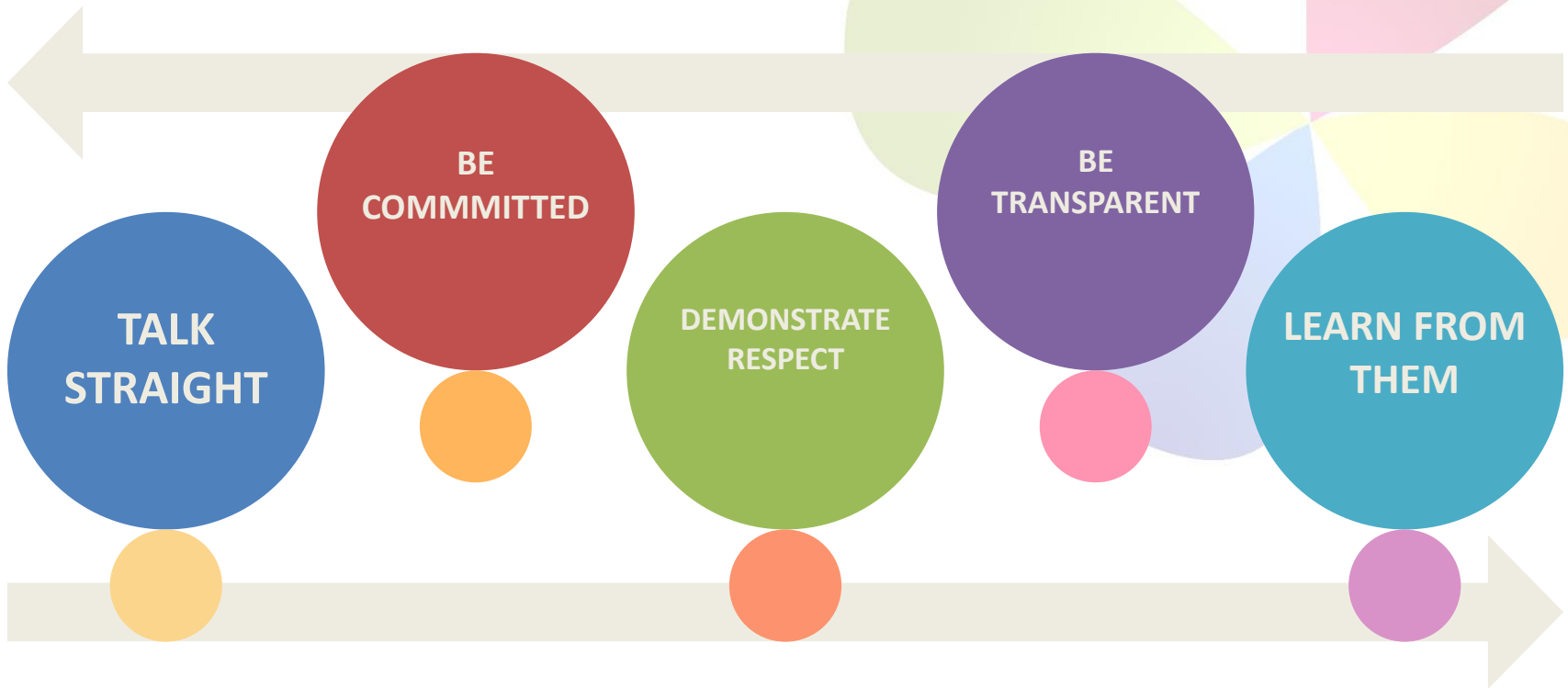


BUILDING TRUST

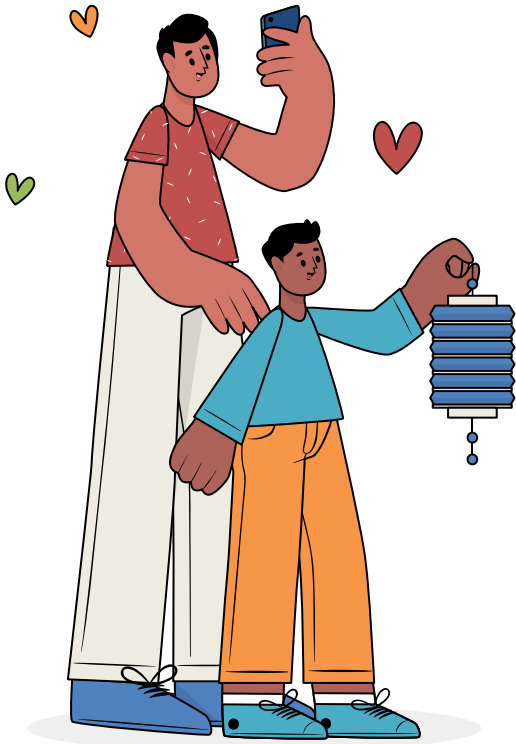
Building trust promotes **cooperation** and
reduces rebellion



BUILDING TRUST



BUILDING TRUST- word for teen parents



The power
to choose



Navigate
Adversity

ENGAGING IN TALK



ENGAGING IN TALK

| | | |
|------------------------------|---|---|
| Good -talk strategies | 1 | Control Reactions |
| | 2 | Listen & Reflect |
| | 3 | Turn off the parent alarm |
| | 4 | Don't Catastrophise or Over Emphathise |
| | 5 | Offer Constructive feedback |

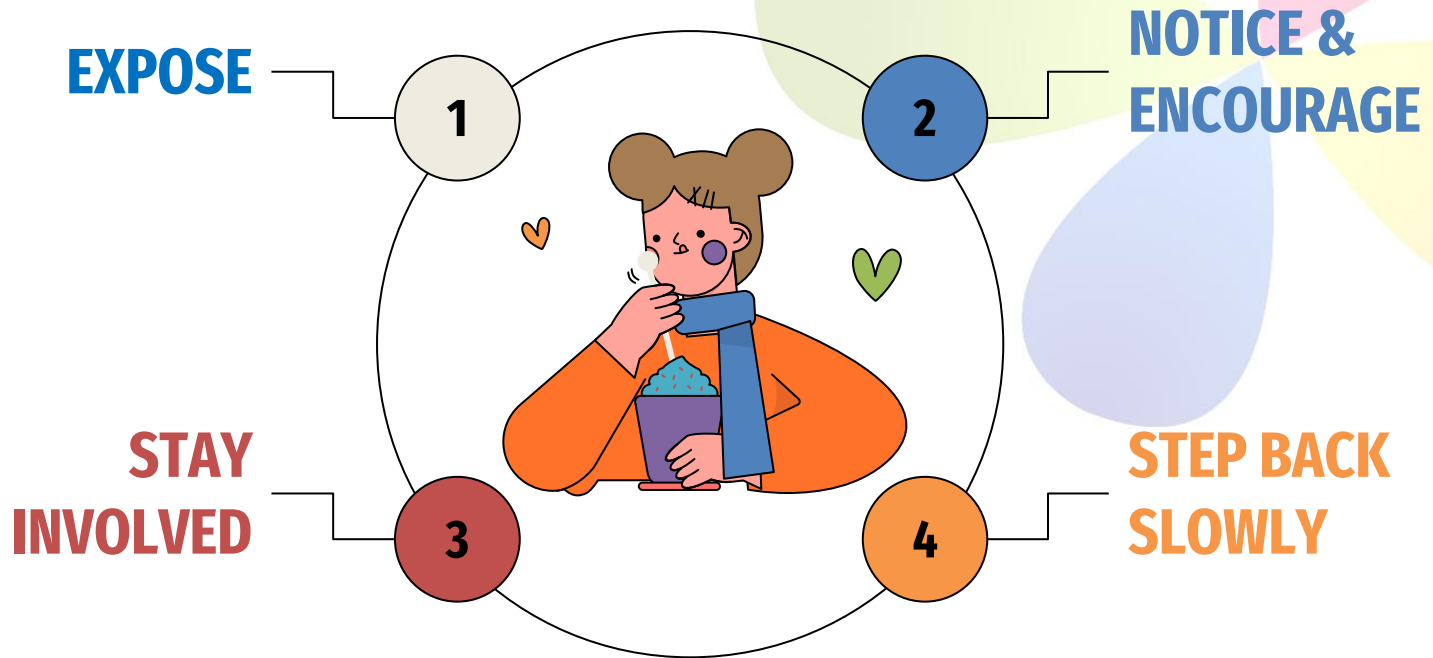


DISCOVER TALENT

- What is a talent?
- Finding your child's talent
- When do they explore their talent?
- If you don't see talents, look for strengths.



DISCOVER TALENT



APPLICATION

TIME

A key take away

TRUST

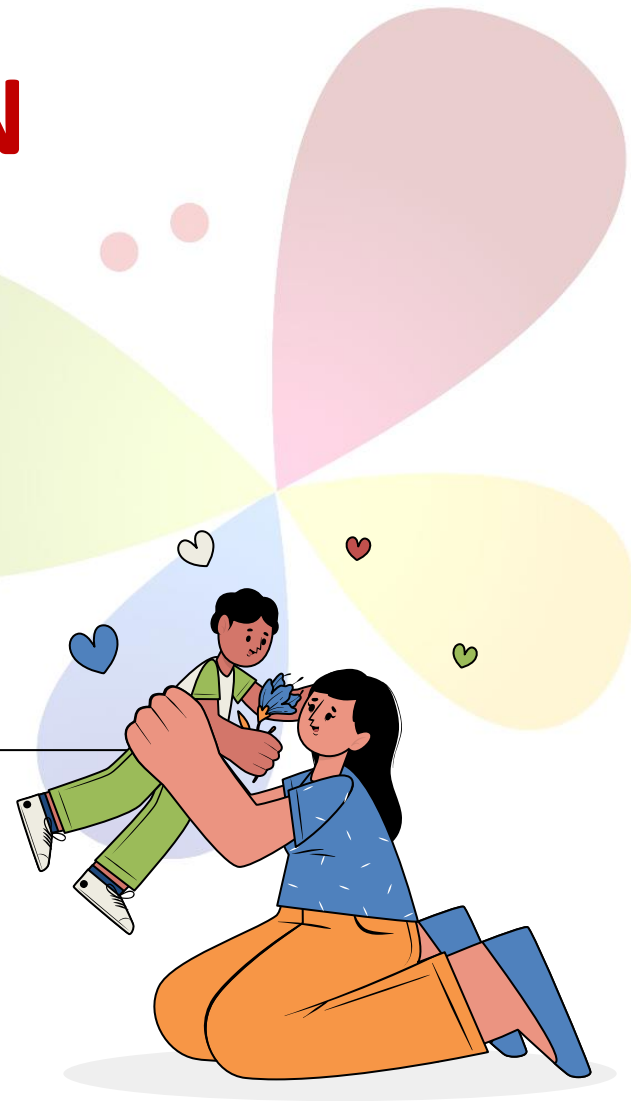
An action point

TALK

A plan ahead

TALENT

Change in attitude



Q & A



transform . inside out