



# Managing Conflict With Teenagers

## Helping Parents Reduce the Arguments

Few households survive the adolescent years without an increase in parent child conflict. If you would like to be better equipped to handle the attitude, moodiness, and defiance that emerges during the teenage years, then this seminar is for you!



- Explore **WHY** teenagers and their parents are prone to increased levels of conflict. Find out about the most likely triggers and causes of parent teen arguments.

- Learn **WHAT** causes conflict and how to minimize its occurrence. Develop proactive parenting strategies that promote clearer communication and

- Discover **HOW** to reduce the severity of conflict when it occurs. Learn about how you can use conflict to achieve positive outcomes for both you and your teenager.

### INTERACTIVE LEARNING

Catering for all learning styles, workshops provide participants with opportunities for discussion, personal reflection, fun exercises, and plenty of material to take away.

### EXPERT ADVICE

This seminar is based on well established theory, proven practices, and taught by experienced practitioners of teenage conflict management.

### COST

Self hosted - \$600 / group

Individual prices from \$65/person

[CLICK HERE](#) to find our package details.

### CONTACT

To book a seminar or discuss:

complete a [BOOKING ENQUIRY FORM](#)

OR

Email us [HERE](#)

OR

Post to: Understanding Teenagers

PO Box 1427

Wollongong DC

NSW, 2500

Gain a solid grounding in the nature and causes of parent teen conflict, including:

- The typical timing and frequency of parent-teen conflict
- What conflict achieves for teenagers
- Change dynamics in the Parent -Teen relationship and conflict
- The Conflict Cycle and how adults can make it better or worse
- Conflict resolution styles, including discovering your own
- What healthy conflict looks like
- What makes conflict unhealthy
- Rules for healthy conflict
- When conflict needs outside help to be resolved

Develop a proactive approach to reducing the frequency and severity of conflict, by learning:

- How to establish basic communication patterns between you and your teenager
- How to monitor and control your own emotions and make helpful choices
- How to express your opinions without provoking arguments
- How to avoid power struggles
- How to deal with defiant teenagers
- How to get to the core of an issue in a timely manner ( using only 2 questions)
- How to understand and use body language to disarm and defuse tense situations
- How to overcome common teenage arguing techniques

[www.understandingteenagers.com.au](http://www.understandingteenagers.com.au)

Understanding Teenagers Workshops are a service of Charisbel Consulting.  
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