

Raising Resilient Teens – Key Note Presentation

- Do you want your teen to be happy?
- Do you want them to “bounce back” when things get tough?
- Do you want to set them up for life and work in the real world?

If you answered “yes” to any of the above, join us for the best insights into how to raise resilient teens – a stronger them, and a stronger you!

Overview

Based on our book - **Raising Resilient Teens: A Practical Guide to Preparing Your Kids for Life & Work in the Real World** - this engaging and interactive presentation delivers everyday strategies for raising resilient teens. We take on a serious issue with a sense of humor and a “real world” approach.

Specifically this workshop addresses:

- The definition of resilience as it relates to life and work.
- The changing landscape of parenting and what this means for resilience.
- Why resilience is so important for teens.
- The short and long-term impact of ‘not’ developing a resilience mindset.
- Our “top” resilience factors for life success.
- Adapting resilience factors to different teen behavior styles.

What you will get out of this workshop:

- Easy to digest, practical strategies for making sustainable behavior changes in and outside the home.
- Tips, tricks, case studies and personal stories to share and learn from.
- An opportunity for self-reflection – to identify what you are currently doing to develop resilience and what you could be doing better.
- A personal action plan to walk away with.
- Have some fun!

Number of attendees: unlimited

Duration: 60-minute presentation, 30 minute Q&A

“Who Am I?” – A Workshop for Teen Success

- Do you ever feel like nobody understands you?
- Do you ever feel like you don’t understand yourself?
- Do you want to identify your true passions and motivations?
- Do you want to make conscious and independent choices about your future?

If you answered “yes” to any of the above, join us for this unique opportunity to answer that one important question – “Who Am I?”

Based on our unique teen behavior profiling tool, **“Who Am I?”** – we use ‘animals’ to describe the four different behavior styles. We help teen’s identify “who’s who in the zoo” and how they can learn to navigate life with improved self-awareness and understanding.

Overview

This fun and engaging workshop is designed to help teens understand:

- Individual behavior style – what makes them tick and how to embrace success behaviors.
- Personal motivation interests and talents – how to make better study, career and life choices.
- The behavior style of others – to appreciate differences and work cooperatively.
- How to develop productive relationships – at home, at school and ultimately at work.

What teens will get out of this workshop:

- That fabulous ‘a-ha’ moment when they uncover their true selves.
- Breaking down the ‘brick wall’ of communication between teens and parents.
- A language for improved communication and relationships.
- A good laugh – at themselves and each other.

Duration: 90 minutes

Decoding Teen Behavior – A Workshop for Parents

- Do you ever feel like you're talking to a brick wall?
- Do you want improved communication with your teen?
- Do you want a better relationship with your teen?
- Do you want to get inside their head?

If you answered “yes” to any of the above, join us for this unique opportunity to decode teen behavior (and your own!).

Based on our book - **Teens: Understanding and Loving the Creatures we Live With**, and our unique teen behavior profiling tool, “**Who Am I?**” - we use ‘animals’ to describe the four different behavior styles. We identify “who’s who in your zoo” and how to function in and off the reservation.

Overview

This fun and engaging workshop is designed to help parents of teens understand:

- Individual behavior style – what makes them tick and how to embrace success behaviors.
- Personal motivation interests and talents – how to help your teen make better study, career and life choices.
- The behavior style of others – to appreciate differences and work cooperatively together.
- How to help your teen develop productive relationships – at home, at school and ultimately at work.

What you will get out of this workshop:

- That fabulous ‘a-ha’ moment when you and your teen uncover your true selves.
- Breaking down the ‘brick wall’ of communication between parents and teens.
- A language for improved communication and relationships.
- A good laugh – at yourself and your teen!

Duration: 90 minutes

***Note:** This workshop can be run for parents and teens together on request

Want to Know More About Our Teen Behavior Profiling Tool?

Development of the Tool

The “Who Am I?” teen behavior assessment was developed by Lisa Allanson and Lisa McDonough, founding partners of Teenhackz LLC. We have over twenty years in Human Resources Management, and are accredited facilitators of several internationally recognized, corporate behavior profiling tools. For years we have observed and researched workplace behavior and written numerous leadership and team development programs based on these observations.

We have identified four “typical” behavior styles and we understand what makes these styles tick; where they get their energy and motivation; and how they interact, communicate with others, and make decisions. We have taken our observations and applied them to the next generation – teens - giving them the tools to understand their individual style.

The behavioral descriptions (key words) used in the assessment are a reflection of how we see each of the styles “show up” – what we consistently hear them say, and what we consistently see them do. The key words are not random. They are based on years of experience in corporate behavior and organizational psychology. However, unlike adult behavior profiling tools they are terms and concepts that most teens can understand and relate to.

Similarly, in developing what these styles look like from an ‘outcome’ point of view, we consulted child psychologists and behavioral experts to ensure the ‘profile’ was also relatable. On that basis we chose animals to represent each of the styles: Lion, Panda, Dolphin and Owl.

Animals are recognized as being highly relatable to children – eliminating gender bias, racial bias, socio-economic bias, and have no bearing on intelligence, skill, knowledge etc. This brings all behavior styles to the ‘same level’ and there is no better/worse, good/bad, or right/wrong outcome.

The animals (Lion, Panda, Dolphin and Owl) also share some characteristics consistent with the behavior profile of each of the styles. However this is a ‘loose’ association rather than a ‘definitive’ alignment.

The Purpose of the Tool

The purpose of the “Who Am I?” assessment is to give teens the ability to identify their unique behavioral style – how they see themselves and how others see them. In understanding their own style and the style of others they can gain greater insight into the different motivations, choices, actions and communication methods that they use as individuals. They will also gain an appreciation of the environment,

circumstances and people that provide the most energy and fun for them, and the reasons behind the decisions they make.

The tool provides a framework for understanding and addressing conflict between the styles and knowing how to appeal to the motivations of each style. The result is an improvement in relationships across all areas of life – at home, at school, in the community, and ultimately in the workplace.

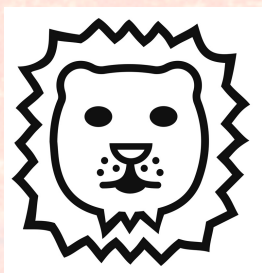
As outlined above, each behavioral style is represented by an animal: Lion, Dolphin, Panda and Owl. There are no right or wrong styles and teens will use all of them at different times in their lives/under different circumstances. While they may have a dominant style they may also have one or more sub-styles that sit just below the surface. Therefore they may be a spectrum of styles rather than just one.

In embracing the Who Am I? teens will draw on the strengths and qualities of their style and use these to better manage the relationships around them, and more confidently navigate their future.

How the Assessment Works

1. The assessment incorporates 80 behavioral descriptors that are clustered according to four unique behavioral styles.
2. Participants are asked to identify which behavioral descriptors 'most' describe them (best reflects their day to day behavior) and which descriptors 'least' describe them (does not reflect their day to day behavior).
3. When participants have completed the assessment they will calculate their score for each style and determine which of the styles best describes them - Lion, Panda, Dolphin or Owl.

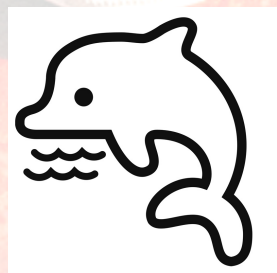
Overview of the Styles



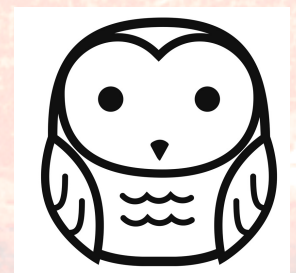
- Seeks fun
- Needs ongoing stimulation



- Seeks creativity
- Needs to explore



- Seeks connection
- Needs to feel valued



- Seeks structure
- Needs order