



Leadership training for parents of teenagers

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The teenage years can be a tumultuous time for teenagers and parents alike. Being a parent of a teenager can be a time of joy, excitement and wonder, but it can likewise involve worry, anxiety and uncertainty.

This course is for anyone who feels their relationship with their teenage child is slipping away and wants to break negative patterns in their relationship.

The course is free and consists of 9 group sessions where you will get useful tools and exchange experiences with other parents. We meet with all parents for a one-to-one interview in the weeks before the course starts.

What does the course look like?

Leadership Training for Parents of Teenagers (LTPT) is a parent meeting for those with teenage children. At the meetings, we discuss parenting together based on a course booklet with questions and tips on tools for your role as a parent. The program has been developed in cooperation with parents and is based on their experiences.

The program involves:

- getting parents in the same situation to talk to each other and exchange experiences
- giving you tools to use in parenting
- the team leaders creating an atmosphere of empowerment and reinforcement.



The group meetings are themed around the following subjects:

1. Intro and presentation
2. What is my child trying to tell me?
3. Encouragement and praise
4. How do I survive as a parent?
5. Creating virtuous circles (1)
6. Parenthood: Parenting style and leadership
7. Creating virtuous circles (2)
8. From controlling to watching
9. Summary and conclusion