TeenSPEAK

CRACKING THE CODE: UNLOCK THE SECRETS TO CONNECTING WITH YOUR TEEN

Solid, trusting relationships start with a foundation of strong communication.

The overload of tech + the pressures of school and extracurriculars, are leaving many tweens and teens shutting off by the time they get home. Parents are feeling less connected and more worried about what the teen years will bring. They are looking for ways to break through these barriers and have real talks again.

If you are hearing the same concerns over and over again from the parents in your community, *Cracking the Code* is the answer!

Dr. Jennifer Salerno along with her daughter, Jordyn are hosting *Cracking the Code* an interactive, live 2-hour workshop for parents AND their tweens/teens to come together to laugh, connect, and learn new strategies that will set their family on a powerful trajectory they can build on for years to come!

To Crack the Code, Parents and Tweens/Teens will...

+ Intentionally connect through interactive activities
+ Build communication skills to have better, stronger family conversations
+ Get real time advice for situations <u>YOU</u> are dealing with

After completing the workshop, parents and teens will walk away feeling:

✓ Confident in some new strategies to *talk with* each other
✓ More *connected* as a family
✓ *Affirmed and excited* to create a long-lasting relationship

LEARN MORE | EMAIL | SCHEDULE CALL

Along with workshop attendance, parents can continue to build their skills with free access to the *Cracking the Code - Master the Art of Teen Speak in 7 Days* for 4 weeks beginning the week of the workshop.

LEARN MORE ABOUT THE CHALLENGE HERE

Cracking the Code is an invaluable experience for parents and their tweens/teens!

"So true to life, I was able to start using the techniques right away!"

Dr. Jen is an internationally-recognized expert on preventing and reducing youth risks. With more than 25 years of experience as a nurse practitioner, and as a mom of two herself, Dr. Jen understands teens and their families.Having a trusted adult is one of the most important factors for preventing and reducing youth risks.Using the latest technologies, research, and communication strategies, Dr. Jen equips parents and caregivers with the practical tools they need to feel comfortable connecting with their tweens and teens on important topics like substance use, sex and mental health. And everyday topics like phone use, grades and getting their rooms cleaned.

Jordyn is a lifelong learner and educator. After completing her bachelor's degree she began blending her interest in intentional communication with Motivational Interviewing. She has worked in various education sectors including higher education and K-12 and completed her Master's Degree in Education from Michigan State University where she researched Motivational Interviewing in the college setting and used MI in practice in student conduct and student health and wellness roles. Jordyn now serves as a 4th grade teacher in the Metro Detroit area and uses MI to support student success in and out of the classroom.

Reach out to find out more and schedule a workshop in your community!

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