


COPAC
PRESENTS

HANNAH
BEACH

FREE VIRTUAL PARENT EDUCATION EVENT

OCTOBER 16 - 7PM



UNDERSTANDING ADOLESCENTS FROM THE INSIDE-OUT

Parenting during the 'teen years' can be challenging, trying, and confusing.

We entice, cajole, bribe, shout, but sometimes nothing seems to work. Many of us are scared; will our kids be like this forever? What can we do? Is there a way through?

This workshop will support participants in understanding adolescents from the inside-out. Although every adolescent is an individual, there are some common dynamics that affect all adolescents. **Understanding what these dynamics are can provide the keys for knowing how to deal with problems that may arise.** We will examine the construct of counterwill, exploring the topic of teen resistance - where it comes from, what its purpose is, and how we can recognize when rebellion is healthy or a result of adults being replaced by peers. We will look to ways that we can come alongside our teens to make more room for their thoughts, ideas, values and preferences as they more fully come to discover themselves.

Participants will learn strategies for building relationships with teens as well as how to protect and maintain those relationships during challenging times. We will look at how to use the extraordinary power of relationship to help us build a 'village' of support so that we may come together to support adolescents on their journey to maturity.

Join Hannah for a warm and conversational workshop exploring practical strategies we can use to support our youth to stay connected to us, thrive, and become their best-selves. Stay tuned for more information!

Audience: Ideal for parents of teens/adolescents, but also great for parents with kids in grades 4/5/6 in preparation for what lies ahead.



Hannah Beach is an award-winning educator, author, emotional health consultant, and keynote speaker who speaks about **the power of relationship and play** worldwide. She is the co-author of the best-selling book *Reclaiming Our Students: Why Children Are More Anxious, Aggressive, and Shut-Down than Ever—and What We Can Do About It*, with Tamara Neufeld Strijack, which has been adopted by school boards across Canada. She was recognized by the Canadian Human Rights Commission in 2017 as one of five featured changemakers in Canada. Her bestselling *I Can Dance* book series, won a 2017 Gold International Moonbeam Children's Book Award.

Hannah delivers professional development services across the globe, provides emotional health consulting to schools and community based programs, and speaks at conferences about the power of relationship and play. **Hannah is an emotional health and play-based learning consultant for Britannica Education**, where she develops courses which are facilitated by the Britannica Education team.