

Parents, do you hope to raise your teenager to cope with difficult feelings?

Research shows **4 benefits** for teenagers who can cope with difficult feelings:



1 Develop a more positive mindset



2 Develop effective problem solving skills

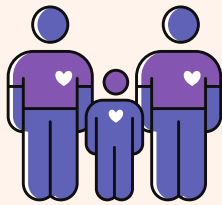


3 Develop positive social skills and get along well with others



4 Achieve success in school and throughout life

How can you **coach** your teenager to **cope** with difficult feelings?



Below are **5 steps** to coach your teenager :



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References
Gottman, J. (2011). Raising An Emotionally Intelligent Child. Google Books. Retrieved 18 May 2021, from https://books.google.com.sg/books?hl=en&lr=&id=rhby0J7dpZkC&oi=fnd&pg=PA138&dq=john+Gottman+4+steps+to+emotional+coaching&ots=11Bz_cdyht&sig=8Uf1qZr6jqYcSI8ExrZFdEFA4LE&redir_esc=y#v=onepage&q=john%20Gottman%204%20steps%20to%20emotional%20coaching&f=false