

NEWSLETTER

Living Full Life Coaching | Doreen Steenland | ICF Certified Christian Life Coach

Coming Winter 2020

Parenting

Parenting: Do you desire deeper communication & connection with your teen?

The Capturing Their Hearts: Parenting with Intention Workshop is for you! Our teens are all about “virtual influencers”. What would it be like to be your teen’s MAIN INFLUENCER?

This workshop starts in **January**. There are two classes available (only 8 per class). Classes take place on Zoom from the comfort of your home. Register today to reserve your spot.

[https://
www.livingfulllifecoaching.com/
capturing-their-hearts](https://www.livingfulllifecoaching.com/capturing-their-hearts)



Your Teen’s Mind:

Cracking The Code!



Navigating the waters of the teenage years is messy! Many times teens shut you down and you are left to figure out the cryptic code placed before you. Often, parents feel like the code is too difficult to crack and become combative with their teen. At times, it seems most effective & expedient to lecture, yell, and tell!

I’d like to suggest there is a better way to crack this code.

What if you put on your detective hat and became curious about your teen and their world? Now, I’m not talking about interrogations like you see on television, although that is often our first stop! I’m suggesting that you become a detached observer who is gathering facts, remembering you cannot crack the code without facts!

The only way to gather facts and collect data

Spiritual Growth

Promised Land Living Group Coaching Experience:

Experience Freedom in Christ through a 13 week group coaching program with a Promised Land Living Certified Coach.

Promised Land Living is an online, virtual, group coaching discipleship experience. We'd love for you to become part of a community of transparent believers who long to abide more deeply, live lives of truth & abundance!

Next Class Starts in January! We have two classes: daytime and nighttime that meet on Zoom.

<https://www.livingfulllife coaching.com/promised-land-living>

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is through listening and observing. Listening to discover and to truly hear what clues get dropped during the conversation. We are not listening to speak, lecture, criticize or solve the problem. We are listening to understand. We are listening and looking for clues about emotions that are under the surface, unspoken struggles, unspoken conflicts or problems that they are trying to figure out.

Our teens are longing for independence and belonging. They want to solve their problems, but often don't know the proper steps to take. What if the cryptic code was just a symptom of what is going on in their minds? What if instead of taking it personally, we were open and curious, being a support for our teen who empowers them to think and learn on their own?

What should our role be during the fact gathering mission?

1. Showing interest in their world makes room for you to help them figure things out. Our position as parents does not automatically grant us influence in our teen's lives.

2. Most times you will find that they just need to think through some things.

3.. This happens not by giving them the answers, but by asking them powerful questions to help them engage the Pre-frontal cortex (the problem solving area of the brain).

4. By doing this, you are equipping them to

have a growth mindset.

Imagine for a moment having a problem. It has you a bit sullen as you try to figure it out when suddenly your friend stops in for a visit. She observes you and says, “What’s wrong with you?” When you tell her she proceeds to lecture you and try to fix your problem, criticizing your attempts to solve the problem on your own. How would that make you feel? Sadly, that is how we approach our sullen teens.

When we approach our teens with curiosity, mutual respect and as an open and safe place to learn, we do to them what we would like others to do for us. If you would like to learn more about decrypting the code, join me in the Capturing Their Hearts online workshop starting in January.

<https://www.livingfulllifecoaching.com/capturing-their-hearts>