



Eva Dwight Coaching & Consulting

FREE workshops for parents of teens & tweens!

Tuesdays ONLINE through Zoom

For more information and to register, go to www.mpsaz.org/parentu,
or contact Eva at 480.363.7686 or endwightccc@gmail.com

In this series of workshops, parents will learn skills for raising teens who are responsible, respectful, and resilient! ***Each workshop is set up as an individual class, so parents can attend the ones that work best for their schedule.*** Come with challenges—leave with great tools for your parenting tool belt!

September 7th 6:00 – 8:00 PM USA Pacific Time Adolescent Brain Development

In this workshop, parents will learn about the important changes that are going on in kids' brains throughout the teen years. They'll also discover how those changes impact teens' ability to manage emotions and make good decisions in social situations. Parents will learn how to turn parenting challenges into teachable moments that result in more responsible, respectful, resilient teens.

September 14th 6:00 – 8:00 PM USA Pacific Time Less Yelling, More Talking!

Parents, are you tired of nagging your teen to follow through with chores, homework, and other responsibilities? Learn strategies for teaching your child to follow through, managing disrespect and backtalk, and--most important--building a positive relationship with your teen.

September 21st 6:00 – 8:00 PM USA Pacific Time Improving Your Teen's Behavior

Is your child underperforming at school or misbehaving at home? You ask them why and the answer is, "I don't know." You ground them but it doesn't do much good. Learn to go beyond consequences to problem solving, and guide your teen toward better behaviors that will lead them to success, and you to more joyful parenting!

September 28th 6:00 – 8:00 PM USA Pacific Time Getting Your Teen to Listen to You!

Remember the adults in the Charlie Brown specials? Do you ever feel like one of those adults—all your teen seems to hear is "Wah wah wah wah wah"? Learn more effective ways of communicating with your teen about tough topics—anything from homework to dating to drugs—and grow your connection by listening to their words...so they will listen to yours.

October 12th 6:00 – 8:00 PM USA Pacific Time Empowering Teens to Make Good Choices

Rebellious teens! How can we get them to listen to us and make good choices for themselves? Parents will learn the difference between empowering and enabling kids as they go through their rebellious phase, and walk away with strategies for staying connected even in the most challenging parenting moments!



After teaching junior and senior high English for 12 years, Eva Dwight earned her Master's Degree in educational counseling in 1997 and worked as a school counselor for 20 years. She is a Certified Positive Discipline Trainer, an Adler Trained Coach, and a Master Trainer & Program Director for the world renowned Gurian Institute. She has been married for 35 years and is the proud parent of two sons, ages 24 and 26. For more information about the services she offers, go to www.evadwight.com.