

Speaking Topics for Parenting Teens

The Teenage Brain: 3 challenges today's students face, and the strategies you need to help them succeed

Why do some students get excellent grades and enjoy learning, while others procrastinate, forget about assignments, or feel overwhelmed?

In this 60-minute interactive presentation you will discover...

Why time management tools don't work for teens — and what you can do to help your teen stay organized and on top of their assignments

The secret to developing good study habits (whether your teen feels motivated or not!)

A strategy to help your teen de-stress — and at the same time calm the strong emotions that come up when you want your teen to do well, but they actively resist your help

The myth about motivation that gets in the way of effective studying

Imagine your son or daughter proactively managing their workload, asking for help, and working toward their future. Picture your teen managing more and taking on less, so she/he isn't so stressed or overloaded.

Confident and effective learning is possible when teens have the skills to plan, organize, set goals, and accomplish them. You will walk out of the room today with strategies you can use right away to help your teen succeed.

(This presentation is offered to PTAs and groups of 20 or more parents. Call to discuss scheduling.)

**“Pat gives concrete advice and perspective on parenting teens. What a wonderful talk!”
— Parent**

“Pat was genuine, which made it easier for me to stay focused and engaged. I can't wait to use this with my teens. Thank you!” — Parent

Free Seminars on Parenting Teens + School Success

(Seminars are free and by request to groups of 8 or more parents. They are one hour in length, generally during a lunch hour. Seminars include an introductory quiz, brief presentation, handouts, and group discussion.)

The Teen Brain and School Success

Learn more about why your smart teen loses assignments, forgets about due dates, and underperforms on tests — and what you as a parent can do about it.

4 Ways to De-Stress Your Teen (and Yourself)

Parenting advice for parents of anxious teens. Learn why students get anxious, why common sense approaches to anxiety don't work, and how parents can help.

Anti-Procrastination Strategies for Teens

Add to your parenting skills repertoire. Learn why teens procrastinate, how to avoid making it worse, and what you can do to help them get started.

Practical Tools for Teens with AD/HD and Other Nonlinear Thinkers

It's not always about parenting skills. Sometimes it's about helping your teen create an environment that supports learning. Learn parenting tips and 8 essential tools that help support executive functioning for teens in middle and high school.

Screentime and Teens: How much is enough?

There is no one-size-fits-all way to handle screentime for teens, but you'll learn about the research, hear how other parents handle screentime, and walk away with some guidelines for your own Family Screentime Policy.

4 Ways to Motivate Your Teen

You'll learn a highly effective "motivation formula" for parenting teens that can help you understand what's really behind motivation, and how you can affect your own motivation and that of your teen.

[Register for Lunchtime Seminars here — Free](#)

If you still have questions, you can [click here to learn more about me](#).

Stress-Free Living for Parents:

How to navigate a demanding job and a mile long to-do list, and still have time to enjoy your family and friends

The 5 words that will prevent you from over-committing
Beliefs that keep you worried, stressed-out, and crazy busy — and how to change them
A tool that will help you feel joyful and on top of things, even on your busiest days
A common habit that holds people back, and a fun way to get past it
3 simple ways to stop feeling stressed-out, even when people depend on you and you have a lot to do

Comments from Participants

"This was by far the most informative seminar I have been to this year." — Parent
"I will remember to use your simple interventions with clients and with myself. They were reasonable and realistic to implement into my daily life. Thank you for your calm and genuine presence." — Parent
"I feel that I can apply what I learned from my own life as well as my daughter's." — Parent

Media

Interview about [Pat LaDouceur's inspiration and professional life](#) by David Wever, host of "Shrink on the Couch."

About Pat



Pat LaDouceur, Ph.D., helps stressed-out students study smarter, get better grades, and still have time for friends and fun. As a psychotherapist, Board Certified neurofeedback practitioner, and former credentialed secondary school teacher, Pat knows a lot about learning and the brain...and parenting teens. She has taught middle school math, high school chemistry, college social sciences, and has 30 years of her own schooling under her belt. She is the mother of college-age twins, and provides Academic Life Coaching in Berkeley, CA.
www.ladouceurmft.com/academic-coaching

Contact

Pat welcomes invitations to speak at meetings, workshops, trainings and other events. Topics include Mindful Leadership, Stress Reduction, and building rewarding relationships. To inquire about scheduling Pat to speak, [contact her here](#).