

Parents Talk: Helping your Teen Rayse Their Game

RAYSE THE GAME
Motivating Teenagers

Game Changing Motivational Workshops

- 'RAYSE THE GAME'**
Study Skills & Motivation
- GAME ON GAME OVER**
Social Media Safety
- MANAGE MYSELF**
Well-being & Self-Care
- T.Y. UNLIMITED**
Transition Year Module

www.raysethegame.com

Teenagers are changing. Young people are tied to their phones and gaming consoles. Many Students can find school and study boring. They lack patience and can be difficult to motivate. Technology, social media and helicopter parenting is having an adverse impact. Many young people are less resilient, less motivated and give up quicker. Many students are striving for big points and want to succeed. As such, **teen anxiety is a growing issue.**

In this highly entertaining and informative Parents Talk Ray Langan gives invaluable insights, tools and techniques to support and communicate with your son or daughter in what can be an increasingly stressful time.

Topics Covered:

1. The Mindset of the Modern Teen.
2. How to help your Teen with anxiety and also deal with teen apathy.
3. Study skills for the digital generation
4. How to deal with phone, social media and screen addiction.
5. Strategies to help your son or daughter develop the drive, determination and discipline to succeed in school and exams.

Total Time: 1 hour