



Build Extraordinary Relationships with Your Teen through Daily Conversations

Conversation is a pathway to developing and sustaining a healthy and trusting relationship with your teen. The deepest conversations that build strong connections happen when you can release your expectations and agenda. This allows you to listen deeply, share fearlessly, and enjoy your child.

Key Takeaways:

1. Pay attention to tone, setting and timing.
2. Reserve judgment and validate ideas.
3. Let go of expectations and focus on the positive outcomes.
4. Be direct and ask open ended questions.
5. Consider the type of conversation you are having as you engage.

