



FULLCIRCLE CBT
 TRANSFORM YOUR THINKING

Title of Webinar	Supporting My Adolescent : Post Primary Parent Webinar
Proposed length of webinar	One hour
Topic Areas	Parent Wellbeing; Adolescent Wellbeing; Cognitive Behavioural Therapy; Mental Health; Wellbeing.
Description Blurb	This webinar will offer practical advice to parents of adolescents. This webinar will explore how to support and motivate adolescents. It will also identify ways that we can make space for emotions and build connection.
Proposed Dates and Times	Wednesday March 24th at 7:30 pm
Intended Audience	Parents of adolescents in Post Primary School
Primary Discussion Topics	<ul style="list-style-type: none"> • How to support social connections • Improving self esteem and feelings of competence • How to explore anxiety and strategies for reducing anxious moments. • How to increase motivation. • The developmental processes which occur during adolescents.
Learning Outcomes	<ul style="list-style-type: none"> • To explore how to support adolescents. • To identify ways to build routine, connection and motivation. • To determine ways of increasing self-esteem, competence and independence.