

MOTIVATING YOUR TEEN

It's important your teens find CONNECTION through school, sports, clubs, or friends. To motivate them towards the connection that fits best, offer a balance of BOOSTING, PULLING BACK, and ENCOURAGING.

SIGNS

SOLUTIONS

(Interested, but nervous) BOOST	They have expressed interest, but are a bit nervous. "I'd love to ____, but I'm worried about ____." They light up and have curiosity about it. Feels like pulling, not pushing.	Find ways to support them. Use words to encourage, do some research, find answers to questions, cheer them on. "Oh, that is something I can see you really enjoying!"
(Not interested) PULL BACK	They have shown no desire or have actively said they aren't interested. It is mostly YOUR wish for them. They sink or look down. Feels like pushing, not pulling.	Get to know their interests, give them options based on those, ask if you can help, let them know you are there for them if they think of anything. Give them ownership, "I trust that you know yourself the best." Follow their lead.
(Discouraged) ENCOURAGE	They show no real interest in anything. Academics, sports, clubs, and social activities seem to be too challenging or they have active resistance. Appear to have given up, and you feel helpless.	Notice what they are good at & support that. Give encouraging words, have faith in them and their abilities, let go of perfection, stop all criticism, focus on the positive. Give them small steps to help them feel successful.



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Inspiring happy, thriving kids

Sign up for my newsletter to receive notifications for upcoming classes and a free copy of my eBook, *Top 5 Tips for a Successful School Year*:

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Services



Success Coaching & Mentoring

Students ages 11+ learn how to better manage school and life to find success and feel more confident.



Family Coaching

Families work together to create effective structures and routines for a more harmonious home life.