

Coach Training Session November 2024 - Chat

00:16:43 Marta Khader: Parenting From the Inside Out <https://amzn.to/4fG3ke1>

00:22:59 Marta Khader: This is my favorite article about cultivating a connected relationship with your teen: Want a Trustworthy 14 Year Old?
<https://www.peacefulparenthappykids.com/read/early-teen-trust>

00:23:58 Xenia Reichelt: Reacted to "This is my favorite ..." with ❤️

00:26:58 Katharine Talbot: Reacted to "This is my favorite ..." with ❤️

00:50:57 Xenia Reichelt: I have a general question (Maybe in the end of session or next time?): how to stay up to date with the latest research regarding parenting themes? Is there any central source where it is possible to find new research results? Is there any international source?

00:57:04 Linnea Petsonk: Relatable may also sound like it takes the focus away from client and to the coach - who wants to share a personal story to connect.

01:06:16 Dr. Laura Markham: Double-Clicking Questions
Can you tell me more about that?
You say that X happened. Can you tell me the details?
And what happened then?
What do you think your child's thoughts and feelings were?
What do you think your child might have needed at that moment?
What fears do you think were operating for you?
What are some past experiences that might have been influencing your thoughts or emotions in this situation?
Can you imagine a different approach that you could have tried that would have worked better with your child?
What support could you have given yourself, that would have helped you to handle the situation differently?
What might have happened then?

01:06:32 Ferdinand Uy: sooo sorry, i have to go

01:07:17 Khadeeja Zahir: Sorry I have to go. Its time for school here.
Thank you

01:33:29 Missy Crotty: Sorry I have to go, thank you Dr. Laura! Take care everyone

01:34:05 Mina Handa: i also need to leave. thank you

01:35:13 Linnea Petsonk: I also felt so heard and seen in our conversation! Thank you Bharthi!

01:38:35 Ósk Dagsdóttir: I have to leave. This is wonderful Dr Laura and I love this group <3

01:38:57 Katharine Talbot: Thank you for this exercise today, it felt so powerful having someone else empathising and asking questions - it enabled me to shift perspective in a way that is hard by yourself

01:46:27 Linnea Petsonk: what is the name of the book?

01:48:38 Marta Khader: Raising Kids with Big Baffling Behaviors
<https://robyngobbel.com/book/>

01:49:41 Marta Khader: Robyn Gobbel

01:50:10 Xenia Reichelt: Reacted to "Robyn Gobbel" with ❤️

01:50:15 Linnea Petsonk: Thank you hugely, Dr. Laura and everyone!

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01:50:17 Michelle Deles: Reacted to "Raising Kids with Bi..." with ❤️
01:50:24 Amanda Eastwood: thank you!