



Talk for Parents

Key elements

- Communication tips and skills for situations with teenagers
- Tips to lessen the anxiety that comes with being a teenager in today's world
- Monica's insight into the challenges and facing teens around Ireland, compiled from her experience as she meets approx. 30,000 students per year.

Presenter: Monica Rowe

When and where: Monday 11th Nov Online via Zoom 7.00pm-8.15pm

Link will be sent on Monday via the school App

What will be covered!

Most children now get their first Smart Phone well before Secondary school, and problems with anxiety, self-esteem, peer pressure, social media, isolation and the like, have escalated at a worrying pace. Monica will share what thousands of children around the country say they find challenging and causes them anxiety, and I give some helpful tips on how to greatly lessen the impact of these anxieties. Monica will have worked with your children before this talk, and you might be surprised at what many say they would like to change in their lives, but are struggling to do so. Many students around the country say they need help in certain areas, but are very reluctant to ask for it. While some of what Monica has to say may shock you, she will share some communication tips and skills that will really help you to be successful with any conversations you have with your children going forward.

A little about the Presenter Monica Rowe

Monica Rowe, is a gifted communicator specialising in helping people deal with those essential conversations that enable them to move on in life and move up in business. Monica has been working with young people for more than 30 years, giving workshops and presentations on topics such as Empathy, Wellbeing, Bullying, Online Behaviour, Self Esteem, Courage and Communication Skills.

Monica's Goal: "In a society where the emphasis is put on what we look like, how many 'contacts' we have and how to be like others, my goal is to reach people from the inside out; to encourage them to think deeply about who they are, to understand how their actions affect themselves and others, and to give simple, life altering tips on how to be comfortable in their own skin"

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