
ChangemakerTeens

The World Is Waiting For You...



Parent Changemaker Challenge

Introduction

Welcome to the 21 Day Parent Changemaker Challenge!

Before we get started, I would like to give you a brief background on the poem that will serve as the foundation for the 7 steps of our challenge.

The “Message To Parents” poem is the result of a research project conducted by Diana Sterling, founder of the “Parent As Coach Approach” to parenting teenagers. Diana was a practicing life coach when she started running into issues with her teenage son, her only child. To stop the downward progression of their relationship, Diana began to incorporate life coaching techniques into her interactions with her son.

To both of their surprise, the techniques worked and they worked magically well! Their relationship was transformed and a new specialty emerged for Diana. To take her practice to the next level, she started working with teens, and the poem that we will be using came directly out of this work.

To formulate the “Message to Parents,” Diana put together a lengthy series of questions, asking teens what they needed from the adults in their lives. She then proceeded to contact hundreds of teens for their answers. The 7 most common answers became the “Requests” of the poem and the foundation for our *21 Day Parent Changemaker Challenge*.

To begin the challenge, simply click on “*Request 1: Respect*” and you’re on your way! We have allowed 3 full days to let each “request” sink in and become part of your vocabulary and your thought process. Read the text for

A Message to Parents

*If you RESPECT me,
I will hear you.*

*If you LISTEN to me,
I will feel understood.*

*If you UNDERSTAND me,
I will feel appreciated.*

*If you APPRECIATE me,
I will know your support.*

*If you SUPPORT me
as I try new things,
I will become responsible.*

*When I am RESPONSIBLE,
I will grow to be independent.*

*In my INDEPENDENCE,
I will respect you
and love you all my life.*

Thank you, Your Teenager



each unit and do your best to incorporate the “practice” suggestions in your daily interaction with your teen (or younger children or spouse)! It works with everyone!

The “requests” are designed to be completed in order from 1 – 7, but if you are having issues with a specific phase in your relationship, feel free to revisit whatever you need and/or stay on one “request” for as long as it takes to see progress.

Please share your relationship concerns as well as your victories with those around you. Give and receive support and maybe even make new friendships with others who may be going through similar issues.

Begin the challenge at your convenience and feel free to send us an email when you’re done. We’d love to hear about your success!