



Conversational Parenting

Your Child's Empowerment, Encouragement, and Engagement
...one conversation at a time.



2023-2024



***"I'd love to have meaningful conversations with my kids,
but how can I do that?"***

We can help!

Conversation Parenting changes the one thing that changes all things...
how parents communicate.

The most influential of all educational factors is the conversation in a child's home. It's important to not just talk to your child, but to talk with your child.

Meaningful conversations are vital because they foster strong relationships, help build trust, and encourage open dialogue. Learning and practicing our Conversational Parenting Skills will enable you to do that effectively.

OUR INTENT is to equip you to engage in conversations that enrich the process of raising a child from birth to independent adulthood and create a home where collaboration is intentional and consistent. That happens when collaboration is instilled into every experience and conversation at home.

Collaboration is more than cooperation, and it's proactive, not just reactive. Your conversations will:
ENGAGE- Appeal enough to cause willing participation.

ENRICHING- Improve and enhance the quality and value of their life.

FROM BIRTH TO INDEPENDENT ADULTHOOD- Move toward the intended outcome of parenting.

WHAT YOU WILL LEARN

- Learn how to communicate with clarity, and help your child do the same.
- Learn communication skills that can be used anywhere, anytime, with anyone, about anything.
- Learn how using your skills can lead to greater innovation, creativity, and ownership.
- Learn how to build trusting family relationships, stronger, and faster.

You are going to learn and practice the **SKILLS** that will enable you to help anyone at anytime make wise choices and take action on those choices...

Skill 1: Open-Ended Questioning

Skill 2: Reflective Listening

Skill 3: Creating Closure

Skill 4: IMR Goal Setting

TRAINING

There are four 90-minute sessions which will be delivered in person or online using ZOOM. This includes 4 coaching skills practice sessions.

You will discover that Conversational Collaboration skills can be used effectively at home and in any formal or informal group setting where conversations take place. You will soon learn how using your skills can empower and enrich the lives around you. These are skills that keep on giving.

BENEFITS OF IMPROVED COLLABORATION AND PROBLEM SOLVING SKILLS

Safe and Supportive Home Environment

Amplified Innovation from your kids

Improved Self Esteem

Improved Conflict Management

Stronger Social/Emotional Skills for Life

Improved Confidence and Behavior

Improved Engagement/Commitment to Goals

Positive and Enriched Relationships

****Helps You Maintain Boundaries, Effective Discipline, and a Healthy Work/Life Balance**

The Problem with Giving Advice

Mike McGervey & Tim Cosby

Change What? Why? When? How?

Change has two competing dimensions. First is the emotional struggle to let go of what is. It seems to keep tugging at us as we work to answer the what, why, when, and how questions.

At the moment we start asking the when and how questions, we encounter the second dimension – the need to take action. We recognize that without action, we cannot close the gap between where we are and where we need and want to be. And that’s when it happens. We start thinking ...

We long for the human touch, the sense that someone is assisting and supporting us in our effort to answer our what, why, when, and how questions.



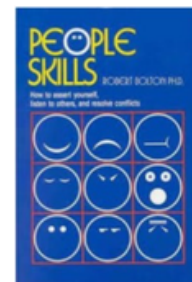
I could sure use some help!

Help is Where You Find It, or Is It?

We tend to feel it’s our responsibility to give ADVICE whenever someone asks us for help.

“I often think that the world would be a happier, saner place if everyone followed my advice. Sadly, I’ve learned over the years that an alarming number of people disregard the advice I give so freely. Then I recall all of the advice people have given me and how much of it I’ve resented, rejected, or ignored.” *Christopher Witt*

“Advice is often a basic insult to the intelligence of the other person. It implies a lack of confidence in the capacity of the person with the problem to understand and cope with his or her own difficulties. The advisor seldom understands the full implications of the problem. When people share their concerns with us, they often display only the ‘tip of the iceberg.’ The advisor is unaware of the complexities, feelings, and the many other factors that lie hidden beneath the surface.” *Robert Bolton*



Why the brain’s threat system becomes activated when receiving advice: David Rock

- **Status:** We constantly assess how social encounters either enhance or diminish our sense of status. When someone, and especially a person of influence, offers advice, our limbic system focuses on their perceived superior knowledge and experience – not on how we can benefit from the advice.
- **Certainty:** We all crave a degree of certainty. When unsure how to resolve a problem, our memory decreases. We disengage from the present moment and focus on what could go wrong in the future. At that point, we are less likely to hear and neutrally appraise advice.
- **Autonomy:** We need to feel some control over our lives and thus be able to choose. When offered advice, the limbic system can trigger an emotional threat response, making us feel that our options are being narrowed to only what the advisor is telling us.
- **Fairness:** When someone, especially a superior, gives advice, it triggers an inner dialogue that sounds something like this: “What, you don’t trust me to figure it out? I bet you wouldn’t tell (name) what to do.”

Giving Advice Doesn't Work – But Coaching Does!

The coaching conversation typically begins with the coach asking a casual but probing question to simply get the conversation going, and to find out what is going on in your life. He or she might ask you ...

“What’s going on in your life these days?”

“What’s the one big thing you want to do?”



Then, instead of giving you friendly or “expert” advice about something you said, your coach will ask PROBING questions to help you explore and better understand the situation and issues you have raised.

“What aspect of that situation are you most eager to change?”

“What was your most important accomplishment since you began that project?”

“What have you learned from that experience?”

“What obstacles do you believe are standing in the way of closing that gap?”

“What options do you see for making the changes you want?”

Your coach has been trained to coach moment-by-moment, never trying to anticipate what you will say next. Instead, he or she is listening for the insights you have gained from your experiences, for key events and the turning points in your life, and for patterns of thinking that guide your actions.

Even if you ask, “What do you think I should do?” your coach will respond with a question such as ...

“What do you see as your options in this situation?”

Frequently, your coach will follow probing questions with EXPANDING questions to broaden your thinking...

“What else did you learn from that experience?”

”What other courses of action can you think of?”

“What have you seen others do that might work here?”

“What would a 5 look like in that area? What about a 10?”

“As you think further about this, what else comes to mind?”

And then your coach will use CLOSURE questions to help you make wise choices and take action.

We believe that coaching is for anyone who wants to grow, and that anyone who wants to help others grow can learn to coach. And that includes YOU!



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Parenting**

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