

# Are You Raising an Adult?

Over her 25 years of teaching middle school, Elisabeth Stitt noticed a big change in both her students and their parents: Students became more passive and helpless, and parents became more anxious and isolated. She founded Joyful Parenting Coaching in 2014 to teach parents to Speak Teen so they can confidently give their tweens and teens the communication and independence skills they need to thrive as adults.

Start your journey towards a more respectful, peaceful, and harmonious home!



## FEATURED TEEN THEMES WORKSHOPS

### WHAT YOUR KIDS WISH YOU UNDERSTOOD

- Practice Active Listening Skills so family members feel acknowledged
- Understand the changing role of the parent as the teen moves towards adulthood

### CONSTRUCTIVE CONVERSATIONS

- Express emotions and points of view peacefully with I-Statements
- Use Active Listening to mine for the speaker's underlying motivations
- Learn the Yes, Yes, Yes and at the Same Time technique

### CREATING EFFECTIVE CONSEQUENCES

- Find out when and how natural consequences are most effective
- Identify when logical consequences are required
- Learn the 3 Keys to Effective Logical Consequences

[Book Elisabeth!](#)

Joyful  
Parenting  
COACHING

# Parenting is a skill. It can be taught, learned, and practiced.

## Parent Testimonial

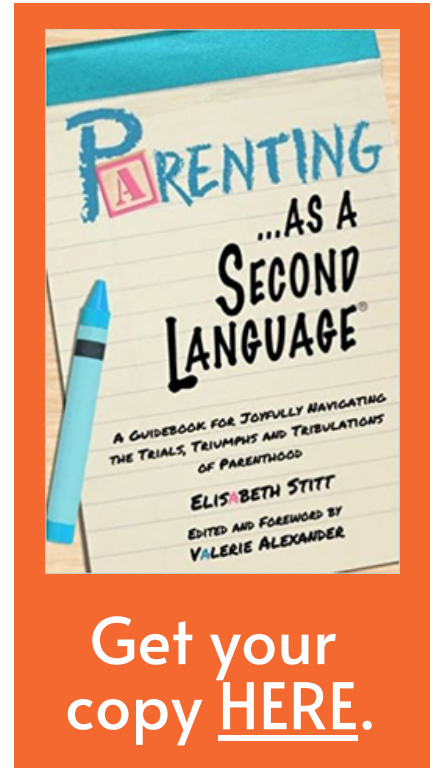
"Our family was stuck in a rut of dysfunctional interactions between parents and a teenager. We all wanted to change, but conventional therapy treated us in silos and met our feelings where they were without providing any actionable breakthroughs.

Within a week after our session with Elisabeth, our teen put those commitments into action without parental reminders (for example outfitted himself with bike lights for evening biking, called/texted his whereabouts, and happily cooked dinner for the family on a school night). We are still a work in progress, but since our first session with Elisabeth, we now have so many more positive interactions with our teen than we've had in months. Elisabeth was a catalyst for the change our family needed and we are very grateful."

-Christine S.

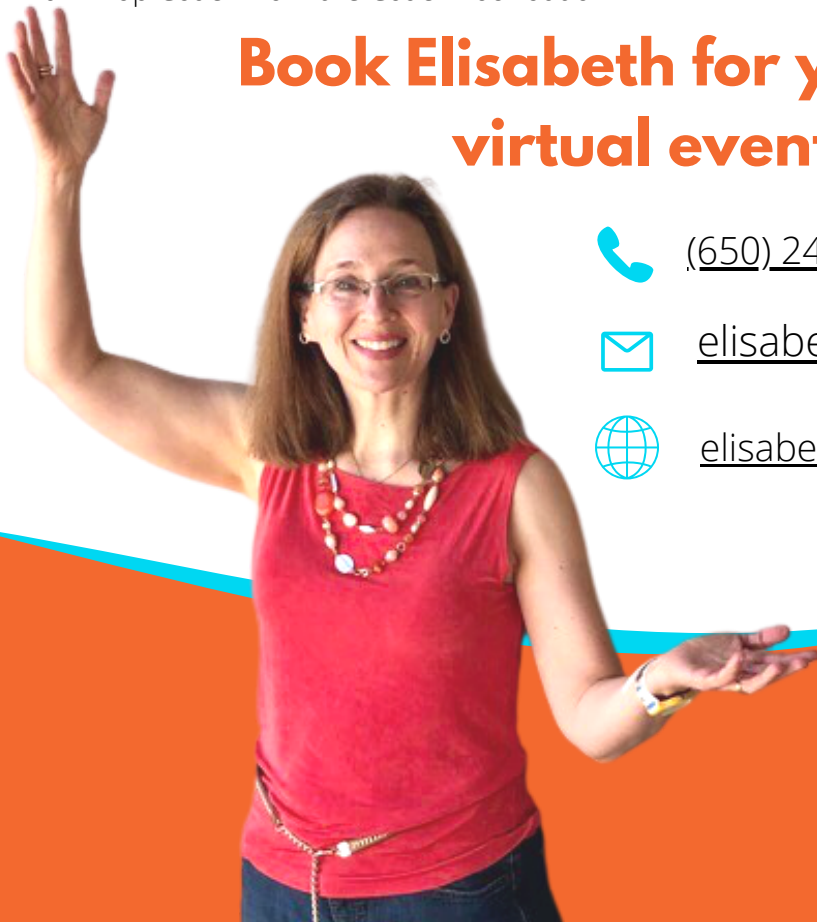
## Accolades


Winner, Best of Mountain View: Parenting Classes, 2015, 2016, 2017, 2018, 2020  
Listed, Best Parenting Blogs 2017: Top Influential Views  
2021 Top Coach from the Coach Foundation



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## Book Elisabeth for your next virtual event!



 [\(650\) 248-8916](tel:(650)248-8916)

 [elisabeth@stitt.com](mailto:elisabeth@stitt.com)

 [elisabethstitt.com](http://elisabethstitt.com)

Let's connect.



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