

Sue Atkins
The Parenting Expert

Parenting Made Easy System

**NAVIGATING THE CHOPPY WATERS OF
THE TEENAGE YEARS**

**DAY 18: TWO POWERFUL
GUIDED VISUALISATIONS**

Sue Atkins
The Parenting Expert

Sue Atkins The Parenting Expert
www.sueatkinsparentingcoach.com

In a nutshell – Today we complete our work together with two special bonus visualisation exercises ...

Welcome back!



The power of visualisation is a really powerful tool in your parenting toolkit – and here's a perfect exercise to pull together the work we have done together over recent weeks. It's called Looking Back From Your Rocking Chair. So find somewhere quiet, relax, take a deep breath, and enjoy this simple daydream. Click here – or download and play the audio file called [Rocking_Chair.mp3](#).



Do you need a confidence boost? Then this simple visualisation exercise will help. I use it myself, and also with many of the parents and children I have worked with. I hope you enjoy it! Click here – or download and play the audio file called [Circle_of_Confidence.mp3](#).

Thank you ...

We all need some new ideas and support from time to time, so I hope this course has improved your confidence, given you hope and some practical techniques to believe in yourself and enjoy these interesting times and years with your teenager.

Keep learning, but most of all keep laughing ...

All the best, Sue x



Sue Atkins

As seen in:



THE  TIMES



theguardian

BBC
RADIO

Daily  **Mail**

BBC

The Daily Telegraph

this
morning

PSYCHOLOGIES

Sue Atkins
The Parenting Expert

Sue Atkins The Parenting Expert
www.sueatkinsparentingcoach.com