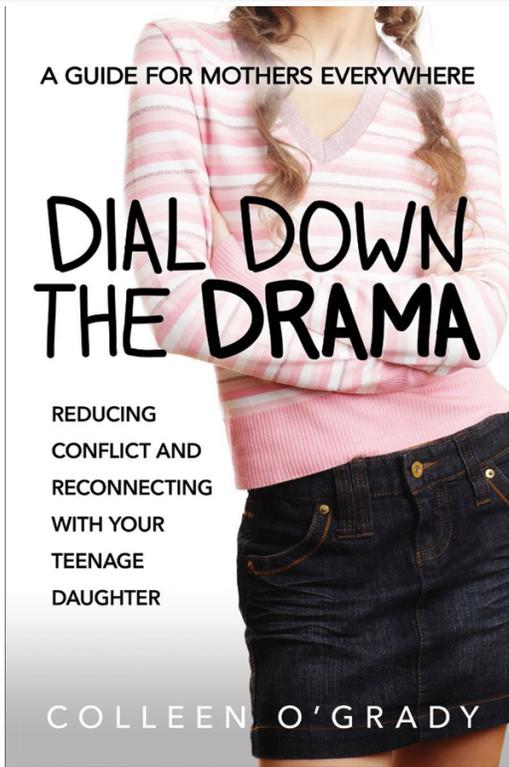


PARENTING AND TEEN EXPERT COLLEEN O'GRADY

Shows Moms How to **DIAL DOWN THE DRAMA** with Their Daughters!



Colleen is a seasoned licensed marriage and family therapist for 25 years; nineteen of those she trained psychiatry and psychology residents in both the child and adolescent department at the UT Medical School and the adolescent inpatient unit at the county hospital. Prior to this she was full time youth minister and spent thousands of hours listening to teens from backpacking trips to Colorado, high school cafeterias, to emergency rooms. Colleen, known as an expert on teens in her community, found her real expertise was earned *in the trenches* with her own teenage daughter. Now, Colleen is changing mother-daughter relationships around the world with her Power Your Parenting programs, podcast, workshops, and speaking.

CONTACT NOW!

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AVAILABILITY: Houston, TX, nationwide by arrangement, available as a last minute guest.

MOMS AND TEENS FIGHT ON AVERAGE 20 TIMES A MONTH---research states. That's about 2000 fights before her daughter turns eighteen. Healthy parent/teen relationship is vital for her daughter's well-being and could save her life. *Dial Down the Drama* is a roadmap to reducing conflict and reconnecting with your teenage daughter.



Colleen is the author of:
Dial Down the Drama
(Amacom, November 2015)

Story Ideas

- 1. Dial Down the Drama these Holidays:** How to turn the most stressful season into "The Most Wonderful Time of the Year."
- 2. "She Doesn't Hate You!"** The three reasons your teenager is hard wired for drama and why you don't have to take it personally.
- 3. Are You All Mothered Out?** Why most moms find themselves caught in the resentment spiral and how to climb out of it.
- 4. "End the Shame Game"** How well-intentioned moms communicate "future threats" to become their daughter's dream *breaker* instead of dream *maker* and what they can do about it.
- 5. How Drama Princesses Turn Their Moms into Drama Queens...and a Royal Battle Ensues!** 3 ways moms can regain their power and hold onto their throne!
- 6. Why Your Daughter's Clarity Clouds the Conversation & Sends You Into "Mother Fog" Every Time.** 7 tips to regain your clarity and not fall prey to your daughter's tactics.
- 7. When They Won't Text You Back.** 5 Ways to Dismantle the F* Bomb. (F*=Fear)
- 8. Ending the Eye-Roll:** what to do when your daughter shuts you down with, "Whatever Mom!"
- 9. How to Bring the Beauty Out of the Beast:** Discover how to tame the circus of the teenage years
- 10. The Pressure to be Perfect** The crippling effects of perfectionism on mothers and teenage daughters and why it's biologically impossible anyway.