

## REAL EYES REALIZE "Parent and Teen Coaching Works!"

### Tool Description – Tell Us More ...

**REAL Eyes Realize** podcast interview with Caitlin Hoffman was inspiring and resource-rich. Caitlin has been devoted to supporting, educating, and collaborating with adolescents and parents with academic success and less stress for over 35 years. Caitlin has tips to share with us for deepening our own education, as a parent, with an awareness for what's most important in connecting with our teens to build strong, resilient, and successful young adults.

### Consider This ...

Here are some helpful **Resource Links** for deeper inquiry and support:

#### Academic Coaching Works! Organizations:

**Academic Coaching Works!** - academic coaching and education center in Campbell, CA. A place for adolescents to enhance their mental well-being and academic performance, with the help of coaches and mentors. Remote academic coaching support also available nationwide!

**Parent Coaching Works!** - partnership coaching with parents interested in working together to alleviate overwhelm, stress, chaos and worry as it pertains to student progress on academics.

**Digital Detox Works!** - 2-week long summer retreats in Down East, Maine to ditch all devices and connect with life and one another!

#### Additional Organizations Supporting Teens and Parents Through Tough Situations:

**Children's Health Council** - best-in-class learning and mental health services for children, teens, and young adults.

**Parents Helping Parents** - support for families raising children & adults with special needs.

#### Indie Films to Watch:

**Like** - a documentary about finding balance in our digital world

**The Social Dilemma** - documentary about the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations.

**Screenagers (2 movies)** - documentaries about growing up in the digital age and "The Next Chapter" uncovers skills for stress resilience