

Welcome

Here are the coaching secrets for how to reach out to teenagers, stop conflicts and create a close and trusting relationship.

You will learn the recipe to make young people fulfil tasks and increase their self-esteem and confidence, and also learn how to avoid the most common conversation mistakes - all in seven days.

Do you struggle to reach your teenager? Are there many arguments and few effective conversations?

Or is low self-esteem a problem? Adolescence is challenging and can result in serious long-term problems. The good news is that you can help the child by using particular words and questions that can improve their behavior and increase their positivity.

How can you know this works?

After many years of youth coaching I have experienced which conversational techniques lead to the fastest and most significant change, and these are the ones I share in this guide. It often takes surprisingly little for young people to change their behavior and the way they think about themselves. This ebook is based on the most important thing you can do for your child: to provide them with a good self-image/self-esteem.

The key to a good life

Youth challenges are not the problem. They are symptoms of the actual cause: how well they like themselves.

«Seven Steps to A Positive Change in Your Teenager» helps you with common teenage issues such as:

- A lot of arguing but little dialogue
- Bad grades
- Too much gaming
- Cleaning of rooms and other tasks
- Low self-esteem
- Being bullied or bullying

Said about the content of "Seven Steps to a Positive Change in Your Teenager":

"Educational and reflective. Small adjustments in communication can make big differences. Great help in building relationships between young people and adults."

Hilde

Children 13, 18 and 21 years old

"Super, easy to understand with good examples."

Beathe

Sons of 10 and 14 years old

"Very educational, brilliant. Useful, understandable and practical. Terje's guide is concrete and easy to understand."

Parents of junior school students, Notodden, Norway.

How do you deal with young people?

Through seven steps - and within a week, you will learn how to help them become more positive.

"Seven Steps to a Positive Change in Your Teenager" is a tool you can use every day in your communication with teenagers.

By using these strategies, he or she will become more interested in listening to what you have to say, completing tasks and feeling better about themselves and their life.

Do you think that the teenager has more than enough confidence already, and that's the reason for all the arguing? It's not necessarily the only truth. I will return to that.

There is something about internal thoughts that refuse to let go. It's almost as if they are demanding to be realized. I have had the idea for this book for many years.

I used to be a radio guy. For 20 years I was a host on various radio stations, mostly on the morning show.

But one day, I decided to quit this safe and fun job.

Why? I had finally found what I had been searching for for many years.

A friend of mine told me one evening what coaching is, and then I knew, immediately - that was what I had been looking for. That same night I went online, did some research and chose Coaches Training Institute (CTI).

I took the education certification and have not looked back since.

What was the reason coaching was so important to me?

When I look back, it's easy to see that this has been an interest of mine all along.

I have always been drawn to people who have challenges in their lives.

This passion is also a lot about me. I had a nice upbringing with good parents and good friends, but I still managed to paint a picture of myself that did not match the reality.

The reason for this was that I did poorly in school, was miserable in sports and did not have any luck with girls.

Because of these disappointments, a cynical inner critic was created. That inner voice, which in coaching is called a saboteur, told me that I was stupid and ugly, all because of my school grades and not being popular with the opposite sex.

That's why I'm so keen to help young people. For many of us, the teenage years form the most difficult period of our lives.

Why am I eligible to help you with your youth?

The reason I wrote this book is so that you can easily do my job by following the seven-step recipe.

It took ten years before this book saw the light of day. I'm happy about that. The final result is based on comprehensive insights into which communication techniques truly work the best.

The reason this works is that a good relationship is established between you and your teenager because they feel understood, appreciated and listened to.

A good self-image/self-esteem is the key to a good life for all of us.

Through my many years of working as a coach I have learned what is needed for young people to become more positive.

Of course, I cannot guarantee the results for you. All I can say is that I have helped many to become happier and more positive in a short period of time.

Three ways to use "Seven Steps to a Positive Change in Your Teenager"

- The least effective method is to avoid using the techniques you learn here - that you communicate without a strategy and a conscious plan. Many parents will read the book and just continue as before.

Research shows that only 20% of those taking in new learning use the knowledge in everyday life. Do not be one of them.

- The next best thing is that you complete the methods outlined in this book and follow all the steps.

- The best solution is that you read the book, learn the tools and take the knowledge even further.

Use your own skills, style, and personality to make it yours and put your own "spin" on it.

It is crucial that you adjust the tools in the book to fit your personality and that what you say sounds authentic to the teenager. If you come across as fake, it will not work.

Also, please feel free to disagree with my theories and strategies.

It is in this way that we ensure development and progress. Disagreement is the very starting point for new ideas and creativity. The best classes I teach are when I also learn something.

Take notes along the way. Write down your thoughts. Research shows that you are learning more if you write. Go out and carry out the tools in real life. Test them out. This way you get the very most out of your learning - "Learning by doing."

Only then will these methods start to become a part of you. In the same way as it is necessary to actually drive a car in order to master it - the theory book alone is not enough.

First, the most important thing:

There is one particular factor I see as a solution for many people and many problems.

Most of the challenges that young people have are linked directly to what they think about themselves.

How happy they are, how they feel about themselves, how good a relationship they have with themselves.

This is all part of the self-image and self-esteem. Not necessarily confidence - more about that later.

The most important thing we can do is to increase our own and others' image of ourselves. All seven techniques are linked directly to this.

Three important findings

Three elements are essential to reaching the goal of increased motivation, less arguing and better relationships. «Seven Steps to A Positive Change in Your Teenager» only focuses on these three.

1) The first is what I just told you about - self-image, and the need to feel seen, heard and appreciated. This again causes the teenager to get a better picture of themselves.

By helping teenagers to achieve a better self-image, we automatically contribute to fewer arguments and more cooperation.

With this element we also increase opportunities for managing major problems in adolescence, such as bullying, drug abuse, crime and depression.

This book will teach you exactly what to do to achieve this.

Self-image can be measured with a single question: "On a scale of 1-10: How much do you love/like yourself?"

The higher the number, the better the self-image.

We can all project confidence and still have negative thoughts about ourselves.

Confidence is connected to what we do, our job for example. Self-image is an indication of what we think we are.

2) Ownership for change and tasks. The feeling of ownership is essential for encouraging people to do chores.

The key here is that the teenager finds out why and how to take ownership of tasks. This book contains clear tips and techniques that will help you to achieve this goal.

3) Conversation techniques to create flow in dialogue with young people. You will learn sentences and tools that you can use so that the conversation flows without the teenager going into defense or attack mode.

Using these three elements you will be able to achieve a good relationship with your teenager, and we will make it easy - step by step, day by day. You will know what to say and do, word for word.

Feeling skeptical about whether it's possible to motivate young people and create good conversations in as little as seven days? I have done it in minutes. Here's why:

The teenager wants it too.

This book, therefore, is about the actual cause of problems: self-image.

A lousy picture of ourselves may include the following:

Jealousy, anger, envy, violence, unemployment, bullying, arrogance, frustration, worry, depression, apathy, fear, anxiety and loneliness.

These are not the reasons for the problems. They are symptoms of the actual cause: that number we give ourselves on the 1-10-scale. How much do we love and like ourselves?

Self-esteem also shows in how we take care of ourselves. Being overweight, underweight and not looking after ourselves are examples of this.

Little faith in oneself leads to stress, which can also result in physical health problems.

Often you can notice which young people have low self-esteem by looking at their eyes and body language. Lack of eye contact and tension in the body are examples of this. In other cases, it is harder to detect.

Severe problems in life are often linked to our self-image, but the image we have of ourselves is only in our thoughts.

Thoughts in themselves are harmless. It's when negative thoughts feed into emotions and destructive behavior that this starts to become a challenge.

Example of a negative thought: I'm not good enough.

Feeling: Being sad, depressed.

Behavior: Sleeping late, gaming too much, bullying.

By helping young people to think better of themselves, we can avoid the negative feelings and destructive behavior.

A lot of great work is being done in the field of substance abuse, bullying, violence and other challenges that young people face. At the same time, the reason behind these challenges does not get enough attention.

That's why I have written this book. To repair the self-image is nothing less than a vaccine for society.

Definitions of a good self-image:

- The ability to handle life's challenges and to feel worthy of happiness.
- The ability to appreciate one's own value and importance, take responsibility for oneself and act responsibly with others.

A three-year-long project in California which focused on building self-esteem in young people yielded the following results:

66% reduction in at-risk teens

35% fewer adolescent pregnancies

38% less drinking

19% less violence

10-15% improvement in grades

4.5% dropout rate from school, reduced from 18%

Examples of behavior in a young person with poor self-esteem:

Is often angry

Complains a lot

Is violent

Talks negatively about themselves

Talks negatively about others

Bullying

Shyness

Loneliness

Is envious of others

Braggs too much about themselves

Brags too little about themselves

Blames others

Obesity/malnutrition

Unemployment

Have I described everyone here, you ask? You're almost right. I have described the 85% of us who struggle with low self-esteem.

The strange thing is that we seek confirmation of our lousy self-image. People who feel sorry for themselves continue to look for evidence that they are correct to do so.

Others who are often angry are looking for reasons to get angry.

Negative people are looking for negativity. It becomes a self-fulfilling prophecy.

Myths about self-esteem:

* Children of resourceful parents always have good self-esteem.

Good parents are significant, but it is still possible to end up with negative thoughts about ourselves. Friends, bullying and teachers are factors that can make a big difference.

* People with good self-esteem act arrogant.

Arrogance, on the other hand, is an example of insecurity and a lousy self-image. People with a high 1-10 number are harmonious, grounded, respectful and curious.

It is not possible for your self-esteem to be too high.

It would be like your doctor telling you that your health is too good.

* It's only the poor and the "losers" who suffer from low self-esteem. The rich, handsome and smart will always manage.

Negative thoughts manifest themselves throughout all walks of life and in many varieties. Just look at celebrities' use of drugs or eating disorders among high achievers.

* Self-image is the same as confidence.

These two are connected. It is possible to have confidence in a given area based on something you do, like a task, job or hobby. Self-image/self-esteem is what you think you are.

We, humans, want first and foremost to be loved.

If we do not, we will go for solution number two: to be respected. If we do not achieve respect, we go for the backup solution: to be feared.

What all these solutions have in common is that we want to be seen, heard and recognized.

If we have a good picture of ourselves, we will live happy, harmonious and sociable lives.

Wouldn't it be great if you could help to contribute to that?

Why do we develop low self-esteem?

Small children have a good picture of themselves. In fact, they have no thoughts on this subject at all. They are entirely free and world masters of mindfulness.

We are born with the fear of only two things: loud sounds and falling.

From three to four years of age and beyond, something happens to us. What is it? Why do we become more shy or angry?

Where does this come from?

Poor self-image is created in three ways:

- 1) Someone says or does something hurtful to us, such as bullying, rejection, cruel comments or violence.
- 2) Someone says or does something terrible to us that was not intended to hurt us, but we misunderstood.
- 3) Nobody has said or done anything harmful to us, but we still created negative theories, thoughts and images of ourselves based on previous experiences.

Generation Perfection:

This book has never been more important than it is now. You've heard the phrase "Youth nowadays"?

"Youth nowadays prefers luxury, has bad manners, denies authority, has no respect for elderly people, talks when they should work and contradicts their parents and teachers."

There are many who have said something similar. These words are quoted from the Socrates philosopher in about 400 BC.

Each new generation of parents has repeated this - until today. "Youth nowadays" is unique. They like their parents more than before, they want good grades, they are reflective, knowledgeable, drink less alcohol and exercise more.

Where is the insurgency? Where are today's Elvis, Mick Jagger, The Beatles, punks and hippies? Young people's fashion, music, and food are similar to what has been for many years.

So what's new?

Technology. Today's young people are the very first generation that have grown up with broadband and are the first to experience the digital revolution.

This is also responsible for the new ways teenagers communicate with each other and the speed at which it happens.

What are the consequences of being able to Google absolutely everything, you're wondering?

Today's young people are more knowledgeable than previous generations. At the same time, there are still challenges. Many youngsters struggle with depression.

With technology, everything has become closer, faster. Teenagers are bombarded with feedback in the form of likes, or the lack of them, updates about how "perfectly" others are living their lives, and online bullying.

When the impression is that everyone else has good grades, countless friends and lives happy lives, it's easy to get depressed and feel unsuccessful.

Therefore, this book is more important than ever.

Bullying

One of the worst experiences children and adolescents can face is being bullied. It's a terrible experience and something we should always take more seriously, and should be tackled by supporting the bullies - which is the opposite of many anti-bully programs.

We must stop seeing the bullies as bad people. These are youngsters who have poor self-esteem and are pushing others down to raise themselves up.

I myself have been a bully. I'm not proud of that, but I remember why we threw a boy, his bag and his books in the ditch. This boy, Kyrre, was my playmate when the other boys weren't around.

There was only one reason why I contributed to the bullying of Kyrre. I wanted to be one of the cool guys, something I did not think I was.

The bullying had nothing to do with Kyrre. Fortunately, I apologized for this many years later when I met him at the cinema.

Thankfully, he replied, "It's okay."

Kyrre is not with us anymore, so I'm glad I was confident enough to apologize in time. I have to live with what I did because I didn't think I was one of the cool guys, and I wanted to be.

At the end of this book you will find a template on how to talk to bullies in order to address their bullying behavior.

Unfortunately, it is true that what many young people are experiencing every day could be characterized as torture.

I strongly believe we need to stop "taking down" bullies. If we continue with this, we are only strengthening their poor self-image.

What do you think it does to a teenager's self-image if he or she is forced to move to another school?

Bullies do not stop bullying just because they are told to stop. They stop when they want to change, and we achieve this by letting the bully take responsibility for putting a stop to their bullying behavior - see the template "The N-O-R Way" at the end of this book for more information.

How much happiness are you worth?

There were three important things I did not master in my teens: sports, girls, and school. When young people are allowed to get into a negative mindset about things that do not work, a low self-image is created. The vast majority of my thoughts revolved around these three things that I saw as failures.

When we also lack the positive feedback that could correct that mindset, an inner critic will be born.

By letting the fear rule at an early age I developed an inner voice that has followed me ever since - a saboteur. We all have one to some extent.

These voices inside us say, "Do not try anything new. You are going to make a fool of yourself. You are not worthy of this."

During my coaching certification, I received this question from my own coach: "On a scale of 1 to 10, how much happiness are you worth?"

I knew I should answer 10. It's possible that I did, but I didn't mean it. 3 or 4 felt more correct - but my coach saw me as a resourceful, creative and unique person.

Today, I see myself as others see me - as a good guy who has a lot to offer. Now I can answer 10 on the happiness question.

What's the difference now?

I have the courage to go for what I want

I'm more grateful for what's right in my life

I got acquainted with myself

I became less concerned with what others think of me

I've expanded my comfort zone

I'm less afraid to say what I see in people

It was only through developing a better picture of myself that it was possible for me to help others.

I have done this through courses, lectures, private coaching and now "Seven Steps to a Positive Change in Your Teenager" and it has changed my life.

How many people have we met face to face?

No matter what your answer is, the number is high. Many thousands, maybe tens of thousands. Answer this question: How many of these have inspired you in such a way that you admire and respect them?

Through years of public speaking I have asked this question, and there has never been an answer of more than seven people who have inspired and motivated someone.

Often it only takes one, like in this story from Notodden in Norway. The principal at a primary school noticed that a student never brought in a packed lunch, and there were several signs that the boy did not come from a good home.

The principal decided to pack two lunches in the morning: one for himself and one for the boy. He continued to do this until the boy finished primary school.

Then the story jumps forward many years. The principal is now retired and attending a seminar in Bergen, Norway.

On his way into the event, he is stopped by a man who says: "I am the municipal chief executive here in Bergen. You probably do not recognize me, but I want to tell you that there's only one reason why I have this job. That is you, and all the lunches you made for me when I went to primary school."

I'm sure the municipal chief executive can answer at least one to the question of how many people have truly inspired him.

By using the strategies in this book you will have more than enough knowledge to inspire others. Take the position as a mentor - it is always available.

I would recommend that you follow the recipe in "Seven Steps to a Positive Change in Your Teenager" step by step.

It is designed so that the strategic part comes first in the book. The whole process can be completed within a week, one step per day.

After several of the steps, I ask questions about the theme. I strongly encourage you to spend a few minutes on these.

You will learn much more if you take on that challenge. The reason for this is that you learn about yourself when you approach this type of question.

Note: Consider using the seven steps when you are doing something else other than just talking, like driving for example. Many parents find it easier to get the teenager to open up while driving or participating in an activity.

But wait a minute... we will still start with a fourth point which is also important - you.

"You look like a damn idiot!"

I overheard this from a father in his forties who was shopping with his teenage son at a shopping center in Norway.

The reason he said this was because his son was wearing sagging pants.

Here is a message to the father: Are you aware that you are probably your son's hero? How would you like it if someone you admired told you that you look like an idiot, just because you belong to another generation?

Being clear about how you see yourself is the starting point for change in people you are in contact with.

You transfer your own traits onto your children and others.

Whether you want it to be or not, what your legacy consists of is important in order to help others on their way to a good self-image of their own.

«Seven Steps to a Positive Change in Your Teenager» starts with you.

In this section, I present the three most important elements to ensure that you transfer a positive legacy.

Access to the book here: <https://www.terjenordkvelle.com/positiveteenager>

If you have any questions, please contact me at this email: terje@terjenordkvelle.com

Terje Nordkvelle.

"There are only two lasting gifts you can give to your child. One is roots, the other is wings."

Hodding Carter, American author.