Be the Leader Your Teenager Needs with Pascale Dube

with Pascale Dube · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Pascale Dube, founder of Parent Lead Coaching, coached leaders and business owners for four years before switching to coaching parents of teenagers during the pandemic.

- [ ] Remember that what your teenager faces today is harder than what you faced, and start from empathy.
- [ ] Take a walk outside in the sun, and leave your phone behind now and then.
- [ ] When you feel overwhelmed, stop, ground yourself and breathe to switch your state.
- [ ] Ask for help instead of building your business alone.
- [ ] Explain your business and its responsibilities to your family so they understand what you carry.
- [ ] Treat other coaches in your field as allies, and refer people who aren't a fit for you.
- [ ] Pick a protocol for your email, computer files and online content, and set time aside to sort them.
- [ ] Book some me time so you come home with energy left for your relationships.
- [ ] Address painful issues with your teenager now instead of waiting.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/communicating-with-teenagers-pascale-dube/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
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