

Adolescents Need Adult Support

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Getting It Done Coaching extends and refines the practices of parenting, communicating, caring for and advising teenagers. The collaborative way of communicating through Getting It Done Coaching challenges the idea of advising and moralizing, and pushes past the barriers positioned by teens who feel that they are not being recognized for their ability to figure it out, for their creativity, and for their uniqueness.

Parents often find connecting with their teen to be challenging. It is difficult to reach a teen who is being flooded with:

- Stress brought on by social media, bullying, external demands, and self-doubt
- Consequences of dangerous and spontaneous acts
- Avoidance of goal setting and a decline in self-efficacy beliefs
- Perception of self-inadequacy
- Further detachment from personal growth and success

A recent study of the adolescent experience of motivational interventions like Getting It Done Coaching shows that “central to the phenomenon of adolescent engagement in the coaching process is the adolescent need for robust, positive connection with a caring adult; that is, the need for honesty and integrity in the relationship, and preemptive, proactive, and practical support” (Hall, 2016).

For more than two decades, I have helped teens and their parents to move to positive behavior change, and to enhance an awareness of their unique and intrinsic values, beliefs, purpose, and social responsibility.