



## Join JHS PTSA For a Nurtured Heart Approach® (NHA) Mini-workshop:

**Transforming Relationships with Intense Teens  
(Actually, it works with all teens!)**

During the 7pm Wed., Nov. 9, 2016 JHS PTSA Meeting

Do you have an intense teen in your life?

Are you tired of feeling like you have to choose between being a complete push over or a strict disciplinarian with teens?

Want your teen to have the Inner Wealth® to make empowered decisions?

**Join me, Micki O'Brien, MA, teacher, education expert and Advanced Certified Nurtured Heart Approach® Trainer, for this engaging and interactive / informative 30-minute mini-workshop!**



Parents across the country, and around the globe, are using the Nurtured Heart Approach to empower kids, and themselves. We go beyond acting too soft or super strict by being present and focusing on actions that create success. We make space for mistakes so growing and learning continue.

**NHA provides the tools to recognize the greatness in each moment (even the challenging ones) and transform relationships, and lives, in the process!**



Micki O'Brien, MA, Co-Founder



because learning is supposed to be FUN!!!