

ASPIRE PROGRAMS

An excerpt from

How to Speak Fluent Teenager

Early Edition

Part 2

Building self esteem and confidence.

Parents are constantly saying to me 'I can see how talented my child is, I just wish they could see it.'

Confidence is a powerful ingredient for all humans, with it we can move mountains and without it all our skill and strength disappear. Some kids just seem to have it. They can look you in the eye when they shake hands, rise above their peers in the way they conduct themselves and can light up a room with their smile. So where does it come from and how can you give it to your kids?

In my experience confidence comes down to two fundamental things.

1. You get the same child as the words you use to describe them.
2. Have unwavering confidence in them and they will believe you.

This may at first sound too simplistic or you may feel that you already do these things but that it hasn't worked for your child. However, my experience is that some parents are not performing these two strategies quite as well as they may think, so I'll expand for you in a moment.

When these first two elements are in place there are three powerful ingredients which will create dramatic opportunity for you to see their confidence and strength. These ingredients are only effective if the first two are in place though. These three are:

1. Expectation of character, not outcome.
2. Discover their guitar.
3. Carve a family path.

Let me explain them because together these are a powerful cocktail to confidence.



How to Speak Fluent Teenager \$25 + Postage

Parents and teachers don't have to tear their hair out anymore! This is a truly unique book for communicating and managing teenagers. What makes it unique is that these strategies work. No matter what the situation you find yourself in with the teenagers in your life, there are strategies for getting the best out of them. Well tested, low effort and effective strategies for making major impact in their lives. Best of all you won't have to sit through statistics and airy fairy waffle. The content in this book has been simplified down to its essence so you can become a master of these skills fast.



You must
look after
your self!

If you have
low energy,
low health,
low esteem,
low emotions,

it is
impossible to
be the parent
you dreamed
of being.

Positive Words & Unwavering Confidence.

This is it people! You get the same child as the words you use to describe them. I know I said it earlier in the book but sometimes people are looking for a magic wand not realizing that this is the magic wand. I hear parents say... 'Yes but he is just so shy' or 'Yes I agree but they just don't have any friends.' And my answer is "I hear you, and my advice is start using words that would presume they already had this ability instead of pointing out their lack of it."

Right now, write down the words you are presently using every time you talk about your child. Be honest, lying to yourself so that you don't feel wrong is not the way to help your child. Only the truth will set you and your child free. Write down what you most commonly say to your friends about your child and also what you directly say to your teenager.

Do this.

Have you done it yet?

Spend two minutes and write it down. We are talking about your child's esteem here. When you're done, turn the page and read on.

Now get your spouse, friend or even child to say those things to you, out loud as if you were in the child's shoes. Do this. See how it feels. I expect you won't do it but I expect you can guess how it feels. The words you use to describe a child are where confidence comes from.

Some people will swear that this is not where things are going wrong for their child's confidence but I find, while these parents are well intentioned, they are accidentally patronizing.

Say you have a child that is shy when meeting new people. We may say something like "Say hello John, you're a confident boy, introduce yourself." This appears good but if you were walking into a room with Michael Jordon or Oprah Winfrey would you say "Say hello Oprah, you're a confident girl, introduce yourself." Of course not because the words themselves suggest weakness. Better to just introduce them as your "Young man, John."

The point here is that you don't tell them what 'to be' tell them that 'they are'.

I was doing a presentation at a school recently and they had a boy there who was out of control. His parents were never around, keeping him in boarding houses most of his life. To get attention this boy had worked out that the naughtier he was the more attention he got from everyone, including his parents. That's when they would come to the school to visit, no other time. Of course I didn't know this. I was just a naive presenter walking into a school to present for two hours.

I was walking into the room, entering the same time as the kids



Tonight... why
not surprise
the kids?

Jump in the
car at about
bedtime and
head out for
ice cream.

Or even
cheaper...
pick them up
from school
in the middle
of the day
and go to the
city, beach or
park.

They will
remember it
forever.

and immediately he was behind me making faces as my expense. I saw the growing crowd mesmerized by the show, of course when I turned around he was a model citizen. I read the situation quickly and whispered in his ear some instructions so that he would settle down without creating a scene. This kid was a hardened class clown though, it just inspired him. I had no other choice but to send him outside to wait so I could calm the audience. Eventually I let him back in once I had won the crowd's respect. He was fidgety for a while but then, out of the blue, he got involved. I had just given the kids a brainteaser as part of the presentation when his hand went up with an answer. It's not a hard puzzle, everyone gets it eventually but he was an early hand so I chose the answer from him. Of course he was right but boy did I put on a song and dance about it.

"Have you seen this puzzle before?" I asked with great skepticism.

"No"

"But you worked it out too fast! No one can get it that fast. I have run this with tens of thousands of kids. No one has ever done it that fast! How did you do it?" He began to explain but I stopped him mid sentence. "Wait everyone needs to hear this, come up the front." As he made the way to the front I explained what a unique intelligence this was, that some people are school smart but some people can be geniuses in other areas without it being noticed. Of course the word 'genius' caught the kids ears and a legend was born. I never had another problem with that boy the rest of the session. He put his hand up for everything and the kids flocked to him afterwards. He stayed back to talk to me and took some of my books to read. Every teacher there was astounded. They wouldn't have believed it if they hadn't seen it. And all I did was use great words to describe him while his peers were listening. It wasn't corny, it was just in a way, and at a time, that no one was expecting.

In contrast to this I have teachers and parents often tell me that they do this and it doesn't work. Actually, they are not doing this at all. I find that in most schools that same situation would have been handled by getting angry at the child to stop their behavior and then telling them that positive, but it's between two negatives. "That is not the behavior we display in this class room and I expect better of you. Now I know you're a very smart young man so stop being a clown and showing off."

In a best case scenario it runs like this "You're a very smart boy John, I know you can do this, you just have to really try." Can you imagine saying that to Michael Jordan? "You're very good basketballer Michael, I know you can do this, you just have to really try." No, of course not, we have 'Unwavering Confidence' in Michael Jordan so we wouldn't suggest he needs to try, we would be more likely to say 'Strut your stuff', 'Put on a show for them' or 'Do what you do Mick'.

We need to match positive words with unwavering confidence.

The way to do this is to simply start treating your son or daughter as if they are that amazing person you hope them to be. The truth is that they are that amazing person, they are just in an infant stage



Your teen will listen to who ever they feel understands them the most.

of that person. To check your words just imagine that you are saying them to Michael Jordan, Oprah Winfrey or the Prime Minister. Would that feel right?

This strategy is a very powerful and fast strategy. Don't underestimate it because it seems familiar. The art form is to speak to your child as if these wonderful qualities exist and you see them every moment you are with them.

The simplest way to embody this entire concept is to genuinely be proud of you kids, always. To not be ashamed, to not wish they were more. To always support them publicly and teach them privately.

Every action is taken because we think it will make us successful. We live up to the vision our parents have of us, we don't know better, we believe that our parents are right and we wish to live to that vision perfectly. We are what you tell us.

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