

Relationship Building Strategies to Help Teens *Soar*

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What I
Wish
I Knew
at **18**

An All-too-Common Story



We Can Help Achieve This!



What I
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The Pathway to Destiny



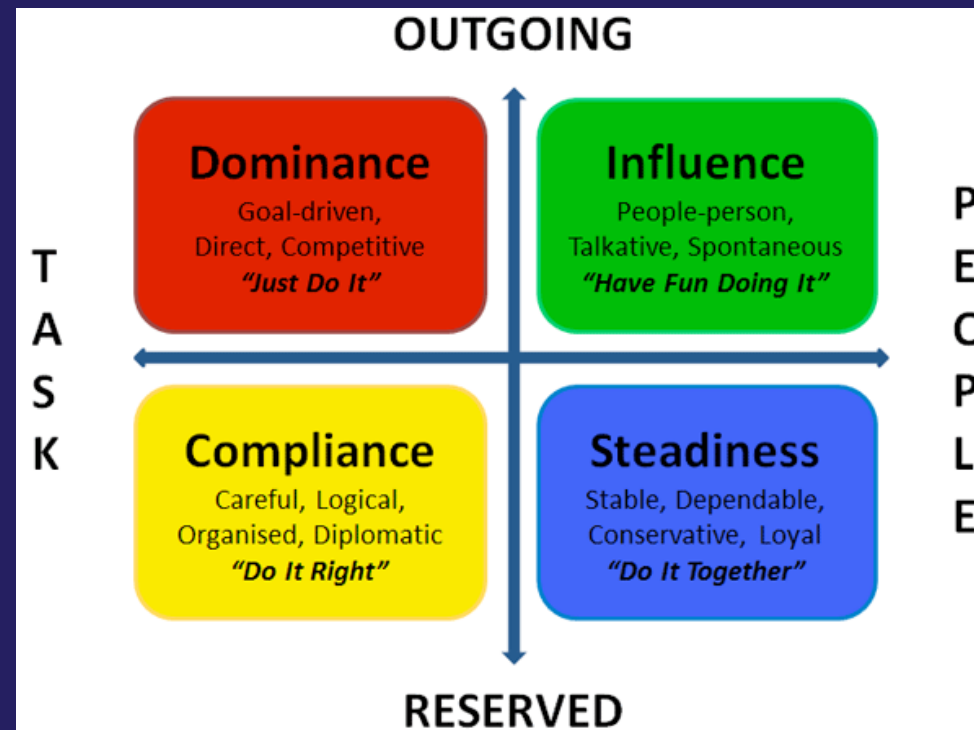
Answering the *BIG 3*

- **WHO AM I?**
- **WHAT DO I HAVE TO OFFER?**
- **WHAT ARE MY OPPORTUNITIES?**

*Today you are You,
that is truer than true.
There is no one alive
that is Youer than You.*

~ Dr. Suess

Personality Perspectives



Facilitating Self Discovery



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Foundational Assets

- **Physical:** strength, speed, agility, dexterity
- **Mental:** aptitude, reasoning, creativity, problem solving, intelligence, subject specific
- **Spiritual/Inspirational/Values:** moral compass, inspirational qualities, faith related
- **Behavioral:** personality, attitude, social skills, motivation, emotional intelligence

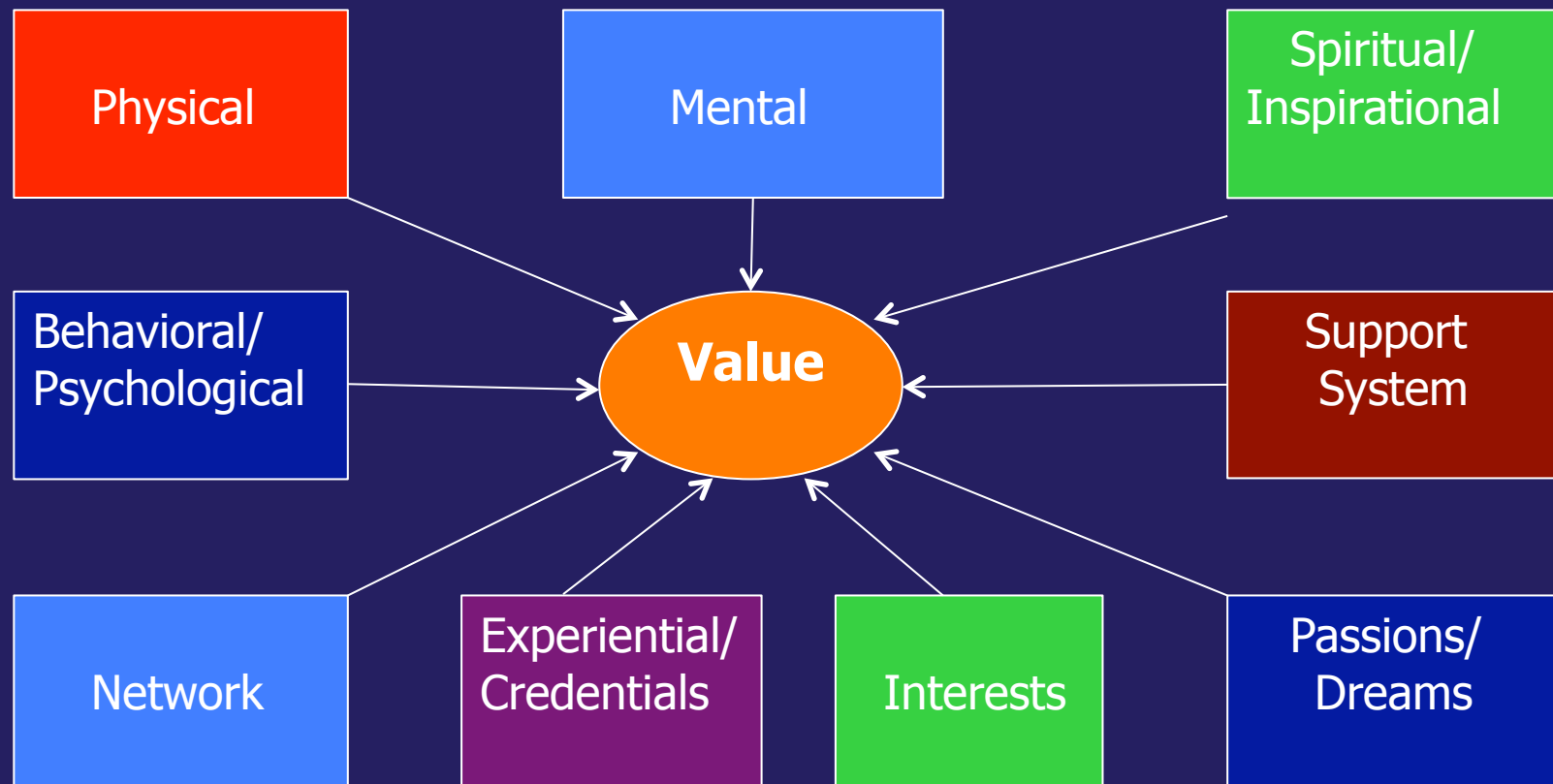
Relational Assets

- **Support System:** love, affirmation, guidance, encouragement, security, companionship, and belief from relatives, friends, and mentors
- **Network:** personal and professional ambassadors and advocates

Aspirational Assets

- **Experiential:** formative lessons, credentials, life skills, service, accomplishments
- **Interests:** intellectual pursuits, activities, recreation, hobbies, “free time” areas
- **Passions/Dreams:** goals, causes, purpose, service, career, family, skill pursuits

Unlocking Assets, Revealing Value



But, Certain Things Hold Us Back



Constraints

- “Contra assets”
- Fear of failure
- Lack of self confidence and sense of worth
- Guilt, shame, and discouragement
- Abuse, neglect, unhealthy modeling
- *Remember, today's constraint may become tomorrow's inspirational asset!*

Mining the Treasure Through a Personal Balance Sheet



[http://www.dennistrittin.com/resources/personalbalancesheet0714\(2\).pdf](http://www.dennistrittin.com/resources/personalbalancesheet0714(2).pdf)

Personal Balance Sheet

- Facilitates **holistic** and **objective** self discovery by identifying assets and constraints
- Helps answer the three big questions
- Provides a game plan for personal growth
- Includes perspectives from self and others
- Inspirational, revelational, relevant and fun!

Creating an Enduring Relationship



Communication Strategies

- Meet them where they are
- More “share with;” less “talk to”
- Honor the *person* more than their *performance* and offer perspectives of their value
- Involve them in your decisions
- Share in humility
- Fully engage (be in the moment)

Recruiting Positive Third Party Voices



College & Career Readiness

Affirmation

Hope and Belief

Leadership

Life Skills

Wisdom

Encouragement

Relationship



Modeling

Commitment

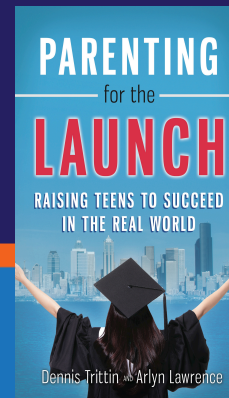
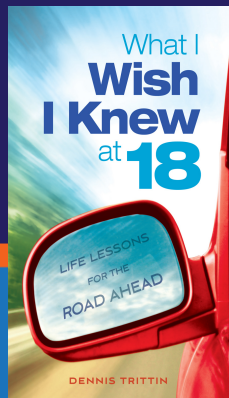
Fun

What I
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Versatile Resources for Families, Educators, and Mentors

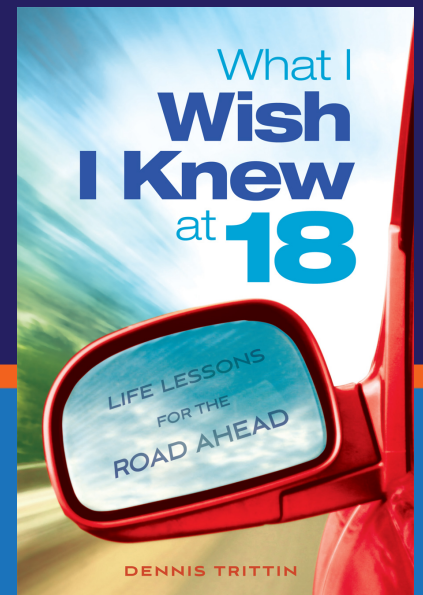
- *What I Wish I Knew at 18: 109 success pointers for teens*
- *Parenting for the Launch: Game plan and strategies to build strong relationships and position teens for life success*



What I
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A Closer Look at the Book

- Comprehensive vision for a successful launch into adulthood
- Personal leadership and life skills
- Wisdom for key decisions based on the ways of honorable leaders
- Conversationally and universally written for young and old alike



College and Career Readiness

Financial Literacy

Life Skills

Leadership

Character

At-Risk

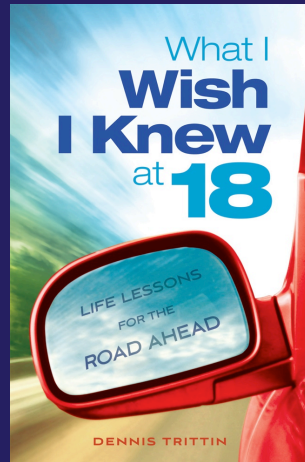
Success Tips

Relationships

Family

Resilience

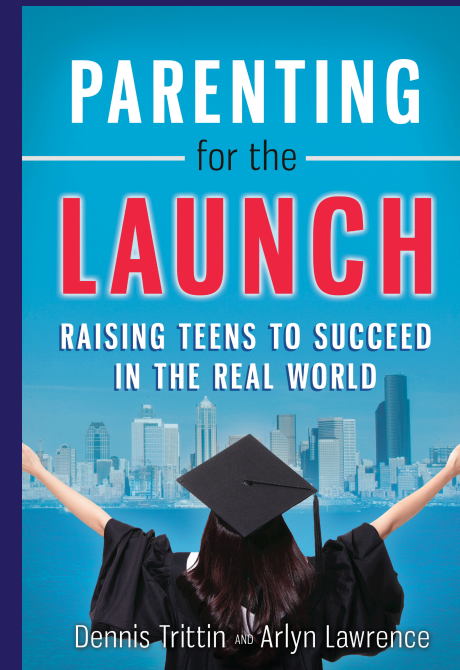
Developmental Assets



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Equipping Parents

- Covering the preparation bases
- Building leadership qualities
- Valuing uniqueness/affirming worth
- Empowering communication
- Recruiting positive voices
- Moving from driver to passenger
- Achieving a successful transition




Preparing for the Launch and the Workplace

PARENTING
for the
LAUNCH

*Preparing Your Child for
College and a Career*

with
Dennis J. Trittin, CFA



Thinking about next steps after high school for your son or daughter? This talk by noted leadership expert and author Dennis Trittin will help you:

- Create an enduring relationship with your teen
- Develop their leadership skills
- Identify and affirm their unique assets
- Position them for success in college, career, and life
- Plan for a smooth transition into independent living

www.parentingforthelaunch.com

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 **HOW TO BE AN
MVP EMPLOYEE**



with **Dennis J. Trittin, CFA**

Are you prepared to start—and soar—in your career? This talk by noted leadership expert Dennis Trittin will help you:

- Select a well-matched career
- Stand out from the crowd
- Identify and model the qualities employers value
- Develop excellent performance and contribute to your employer's success
- Build your brand as an MVP
- Achieve your career goals

www.dennistrittin.com

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PUBLISHING, LLC
Empowering the Next Generation™

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What Teens Need from Us

- Unconditional love and belief in them
- Encouragement and understanding
- Wisdom and principles for living
- Our perspectives of their uniqueness and value
- Freedom to let them live their dream
- An open door, 24-7
- Realistic expectations, grace, & a long-term view

May They Soar Like Eagles and Fulfill Their Dreams!



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