

Allowing the Pause in the Essence of Adolescence - Mindfulness Based Parenting for Joyful, Empowered Teens

Why Pause?

- Create a Safe Harbor and Launching Pad for Adolescents
- Learn to honor the person your adolescent is becoming
- This adolescent period is by definition one of intense change, and the potential for intense challenge is great. The key for both generations is to be open to what is unfolding. This means honoring and being present for what is happening and being open and accepting so we can play an important PART in our adolescent's life.
- Being present enables us to be freed from the "shoulds" of life, letting go of expectations and being open to what is ACTUALLY happening.

What do you do when you are mindful (present)?

- In mindful awareness we let go of expectations and are open to what is. This involves COAL = a combination of curiosity, openness, acceptance, and love. This COAL stance is the stance we can take when we are present. Presence cultivates authenticity in how we live, and is the foundation for resiliency against stress and shame.

And here is my story:

- My time in a curious, open, loving, and accepting environment was gravely limited when I was a teen. These COAL elements are necessary for a teen's rite of passage into a confident adulthood. What I have learned as an adult, and as a psychotherapist, is that this COAL stance is transformative, powerful, and the essence of resiliency.
- I am fortunate to have stumbled into an environment that cultivates these values: SoulCycle exudes this. Because of these elements, and the community cultivated, I have been capable of stepping into more risk in my life, which includes welcoming more joy, and healing my teenage self. For me, that means more teaching, speaking, and serving, and less worry about perfectionism and looking good. If 45 minutes in a SoulCycle class does this for an adult, imagine what 4 years immersed in a culture of positive parenting can do for a teen.