



RAISING TWEEN & TEEN DAUGHTERS IN THE 21ST CENTURY

HELPING PARENTS TO CONNECT WITH THEIR DAUGHTERS

After recognising the growing challenges parents are facing when trying to raise confident, resilient and self-assured daughters in the 21st Century, Girl Shaped Flames Founder Tanya Meessmann, and neuroscientist Dr Diane Harner have joined forces to develop this evening of rich information and robust discussion about how to raise your daughter to be strong, confident and believe in herself.



PARENTING IN THE
21ST CENTURY



UNDERSTANDING
THE TEENAGE BRAIN



NAVIGATING EMOTIONAL
REGULATION



DEALING WITH
DEFIANCE & DISRESPECT



TANYA MEESMANN
youth expert

Tanya has worked with over 3500 teenage girls, their parents and educators to develop their confidence, resilience and self-belief through coaching, events and workshops.



DR DIANE HARNER
neuroscientist

Diane has a PhD in neuroscience and has been applying brain science to decode our thinking and behaviour for the past 15 years as an adolescent counsellor.

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Tanya and Diane enabled parents to understand the neuroscience behind the adolescent brain and how this impacts the behaviours of our young people. The presentation was humorous and real and provided strategies for parents on how to keep the communication lines open so that our young people can work towards being the positive and confident young people we hope them to be.”

- Principal Samantha Jensen
Mt Alvernia College



PARENTS ONLY | LIMITED PLACES

7PM THURSDAY 12th AUGUST | BURLEIGH HEADS SURF CLUB

BOOK AT: <https://resource.girlshapedflames.com/cp-live>