



IS YOUR TEENAGER EXPERIENCING ANY OF THESE CHALLENGES?

- Depressed, anxious, and angry
- Easily frustrated or impulsive
- Hiding self-harming behaviours
- Psychologically aware yet doesn't seem to know themselves very well
- Lack practical skills for navigating out in the world
- Trouble anticipating the consequences of their actions
- Overly dependent on the opinion of others
- Personable, academically successful yet not creative or interesting
- Complains about being bored but often boring

AS A PARENT, ARE YOU EXPERIENCING ANY OF THESE CHALLENGES?

- Family disharmony or overwhelming sibling conflicts
- Strategies for motivating your teen to cooperate
- Strategies for empowering healthy self-esteem in your teen
- Stress and stress-related symptoms
- Overwhelmed by taxing schedules and family demands
- Stressed out in your job or feeling uncertain about your career goals

HOW DR. ROGERS COACHING IS HELPING TEENS

Develop independence, competency, and interpersonal relationships

- Recognize strengths, become more resilient to stress and stress-related symptoms
- Reduce the need for maladaptive habits and/or self-harming behaviour
- Prepare successfully for the life challenges ahead
- Gain purpose and encouragement
- Overcome fear of failure

HOW DR. ROGERS COACHING IS HELPING PARENTS

- How to manage anxiety and reduce the stress of parenting
- How to motivate and empower teens to enhance their self-esteem
- How to create structure, enhance cooperation in the home environment
- Identify toxic cultural influences, well-intentioned yet misguided parenting practices harming teenage healthy self-esteem
- Practical advice on solutions helping parents support teens develop sense of self



Dr. Rogers gets results through strong relationships, accountability, self-reflection, improved self-esteem, focus, parental and teacher collaboration and much more



Psychological Coaching

Integrated Approaches to Help Teens

Achieve Positive Mental Health, Wellness, Beneficial Life Skills, Academic and Professional Success



Materialism, pressure to achieve, perfection and discrimination are creating a perfect storm devastating teenagers and their parents.

Peer groups are relationship laboratories where our teens are experimenting and learning about issues like trust, respect, self-disclosure and acceptance.

Navigating these waters is emotionally and psychologically challenging for teens and parents.

Course correcting with someone who's caring and skilled in psychological coaching services is critical to your teenager's healthy self-development.

Get Started, EASILY

1. Tell Dr. Rogers what you'd like to work on to improve your life, relationships or self-development.
2. Schedule a FREE 30-min call to ensure there's a good fit before making a commitment.
3. Get to know Dr. Rogers and discuss your goals, pricing and then get started!

Formats

1. Weekly in-person or on-line sessions.
2. Practice new skills, prepare for your challenges and work towards your development goals.
3. Messaging — quick feedback, share updates, and ask questions between sessions.
4. Micro-learning — bite-sized personalized exercises, strategies for lasting changes.
5. Impact assessment and reporting to ensure you're getting the results you need.

RingCentral®

- A leading provider of global communications — voice, video conferencing, messaging and collaboration.
- Empowers today's teens and parents to communicate, collaborate and connect from anywhere on any device with Dr. Rogers.
- Dr. Rogers designs programs focusing on building new skills to meet the needs of each teen and their parents.



Psychological Coaching

- Concentrates on individual, group abilities and strengths that can be used in new ways.
- Short-term consisting of straightforward, supportive solution-based work.

Teens and their parents explore ways to alleviate stress, cope with challenges, survive transitions, make positive changes in their personal and professional lives.

Dr. Rogers uses a holistic approach to address the multi-dimensional teen combining compassionate connections, acknowledging and respecting individual differences.

About

Dr. Rogers background in clinical psychology, teaching, youth coaching, and unique sense of humour help teens develop their potential and parents in their parenting styles.



He has worked in inpatient and outpatient clinical facilities, community and school-based centers, forensic settings, multi-disciplinary, multi-faceted private practice

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conducting assessments, coaching and facilitating treatment interventions of children, adolescents, parents, couples, families and adults.

He received the Adjunct Faculty of the Year Award from the Chicago School of Professional Psychology for teaching excellence in the doctoral program in clinical psychology.

He received his B.Ed., English Literature, University of Toledo, M.S. Curriculum and Instruction, Graduate School of Education, University of Oregon where he received a Graduate Teaching Fellowship, his M.A. and Psy.D. Clinical Psychology, Illinois School of Professional Psychology.