



LEARN SKILLS AND STRATEGIES FOR BETTER PARENTING

Do you always know exactly what to say or do in response to your child's behavior?

Are you struggling to connect with, approach, or discipline your children?

Could you use some practical tips and suggestions to improve your parenting skills?

THE PROBLEM

Thousands of children, adolescents, parents and families are struggling through some form of adversity. Many are plagued by unnecessary **stress, fear, guilt, anger** and **grief**. They're not sure of how to solve their problems, and so they're not realizing the **peace, joy, comfort, control, power, purpose, productivity** or **contribution** they could be enjoying as a family.

Is this a reality for your family?

SCREEN ADDICTION

ANXIETY

DEPRESSION

REBELLIOUSNESS

APATHY

AGGRESSION

PERFECTIONISM

SENSE OF ENTITLEMENT

SUBSTANCE ABUSE

SOCIAL SKILL DIFFICULTIES



**"TOGETHER WE EXPLORE THE PAST,
COACH IN THE PRESENT TOWARDS A BETTER FUTURE"**

Too often, parenting can be difficult, even overwhelming. As leaders, parents are in prime position to role-model, teach and discipline their children. Many parents experience failure, confusion, resentment and despair. It's a very real challenge for many parents. Rightfully so. If that sounds like you, what can you say or do to change things? At Mentors & More, we offer skill training and proven strategies for better outcome.

THE SOLUTION

Through **Families In Training**, we offer coaching to guide you and your family to practice, refine and master the 5 key skills of living with more intention, fulfillment and productivity:

- 1 SELF-UNDERSTANDING
- 2 UNDERSTANDING OF OTHERS
- 3 RELATIONAL SKILLS
- 4 SELF-MANAGEMENT
- 5 GOAL ACCOMPLISHMENT



You can learn exactly how to **approach** any circumstance without hesitation or regret. You will know exactly how to relate and respond to your child without fear or resentment. The objective is to influence your children to become more:

RESPONSIBLE & RESPECTFUL

SKILLED & STRONGER

CONFIDENT & COMFORTABLE

DISCIPLINED & BALANCED

RESOURCEFUL & RESILIENT

Hi, I'm **James Giantis**, MSW, founder and CEO of **Mentors & More**, **Families In Training**, and author of the upcoming book, **The Mentoring Manual**.

For over 30 years, I've provided coaching and mentoring to thousands of youths, parents, families, individuals, teams and organizations.

I'm confident in our ability to customize a training program for your family to learn how to best function collectively as a team and as individual members of that family team. We'll explore behavioral patterns and relational dynamics together, to prepare a customized approach and plan based on your unique scenario. We offer flexible, convenient scheduling and we'll communicate frequently between sessions as needed.

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With James, we processed issues that continued to drag us down in spite of years of office visits to very good therapists. James was right there to see how we really operated and could offer help right in the moment of conflict. Due to his blend of humor, clinical expertise and integrity, we discovered what needed to happen, and I am proud to say, we really made changes. We're a different family from a year ago. James has our highest recommendation...and our son thinks he's one cool guy.

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I was amazed at the level of insight into my child's thought process within the first meeting, it was like downloading a full report. My son wasn't following the rules at home and there was non-stop arguing. James helped us develop not only a plan of action but an approach that significantly reduced the tension in our home.

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We offer flexible meeting days and times within the home, office, nearby community and virtually.