

“PACE” SETTER PARENT

7-DAY RELATIONSHIP TRAINING GUIDE

“YOUR PLAN FOR RESTORING TRUST & COMMUNICATION”



Parenting a teen is not a sprint—it's a marathon. Like any marathon, you need a plan, steady pacing, and recovery time. This 7-day training will give you daily steps to rebuild trust, boost communication, and reconnect with your teen.

Repeat this guide as often as you wish—small, steady changes are the secret to a strong finish!

1

Present Moment Awareness (Start Line)

- ⦿ Notice and manage your own emotions before responding to your teen.

Training

- **Morning:** Before interacting with your teen, take 3 deep breaths. Notice how you feel—tense, anxious, hopeful?
- Set an intention: ***“Today, I will respond, not react.”***



When your teen walks in, greet them with a calm, genuine “Hey, good to see you.” No agenda—just presence.



Take 10 minutes for yourself today—a walk, coffee, or just quiet time. Remind yourself: “Progress, not perfection.”

2

Appreciation & Understanding (Find Your Pace)



Focus on understanding your teen, not fixing them.

Training

- **Morning:** write down 3 things you appreciate about your teen (even the small things).
- Remind yourself: They're growing and changing - jsut like I did."



Mention one thing you appreciate about your teen today. ("I noticed how hard you worked on that project.")



Do something small that makes you smile (favorite song, call a friend, read something uplifting).

3

Strategic Connection (Side-by-Side Running)



Create low-pressure opportunities for connection.

Training

- **Morning:** Plan a 5-Minute "side-by-side" activity (washing dishes, care ride, folding laundry, walking the dog.)



During the activity, ask open-ended questions ("What's something you're looking forward to this week?")



Move your body today—stretch, quick walk, or dance in the kitchen.

4

Emotional Leadership (Stay Steady)

🕒 Model calm when emotions flare—yours and theirs.

Training

- **Morning:** Visualize a calm response to a possible trigger (eye-rolling, sarcasm, etc.).
- Repeat: “I set the tone. I can be steady, even if they’re stormy.”



If conflict arises, pause and say, “Let’s both take a minute and talk when we’re ready.”



Write down one thing you did **well** as a parent today.

5

Empower Independence (Cheer Them On)

🕒 Give your teen small opportunities to make choices and show trust.

Training

- **Morning:** Identify one area where you can step back and let your teen decide (what to wear, what to eat, how to organize their time).



Say, “I trust your judgment on this,” and let them own the outcome.



Do something that recharges you. Even 5 minutes of reading, music, or being outside.



Celebrate Small Wins (Water Break!)

 Notice and celebrate progress—yours and theirs.

Training

- **Morning:** Reflect on something positive from the week, however small.



Share what you've noticed: "I've really appreciated our talks this week."



Write down or share with a friend: "One thing I'm proud of as a parent this week..."



Reset & Recommit (Finish Line & Beyond)

 Reflect, reset, and plan for the next "lap."

Training

- **Morning:** Ask yourself: What worked this week? What felt hard? What's one thing you want to keep doing?



Tell your teen: "I'm proud of us for working on our relationship. It's not always easy, but it matters to me."



Do one thing today just for you—guilt free.

WAY TO GO!

**YOU'RE TAKING STEPS IN THE RIGHT DIRECTION!
READY TO LEVEL UP?**

PACE Setter Parent Reflection

Like marathon training, parenting is about steady progress and self-compassion.

Repeat this plan and watch trust, communication, and joy grow —step by step.

What went well this week?

Where do you want to grow?

What do you need help with?

What do they need help with?

Ready for deeper transformation?

If you'd like more personalized support on your parenting journey, and for your teen, check out our next training or schedule a strategy session with Mike!

www.presentsolutionforparents.com/apply



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