

# Strong Mothers – Strong Sons

the online course for mothers of teenage boys

presented by **Psychologist Megan de Beyer**

'Strong Mothers, Strong Sons' is an online course presented by acclaimed psychologist and parent expert Megan de Beyer. She is the author of *"How to Raise a Man: A Modern Mother's Guide to parenting her teenage son"*. Megan reveals important insights about the development of masculinity. This course gives access to LIVE lectures, practical tips, worksheets, notes and live Q&A. Move **from a place of ownership and ego, to parenting with an open heart, mind and soul** and understand why your teen pushes your buttons!

**All sessions are 7pm to 8pm. Topics covered:**

## 10 June 2021 – Being a Conscious Parent

Parenting as a soulful practice: offering a holistic approach – grounded in presence, intention, and values.  
Helping parents to show up, grow up, and wake up.

## 17 June 2021 – Conscious & Effective Communication

Learn the 5 levels of listening and connecting.  
Understanding a teenager's withdrawal & connecting to his language.

## 24 June 2021 – Mother & Sons Relationship

Understanding the role of mum and forging a healthy & secure bond.

## 1 July 2021 – Masculinity

How to nourish kindness and raise good men who respect themselves & the female gender. Breaking through stereotypes and understanding sexual consent. Testosterone.

## 8 July 2021 – Navigating the Vices

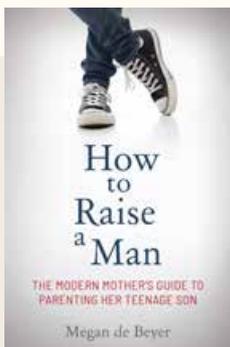
The teen social world: substances, screen time, social media & porn.

## 15 July 2021 – Adolescence

Why does she trigger you? Handling difficult emotions – for both the parent and teenager. Identity formation, push for autonomy & understanding how to help him mature.

[Click here to register for this online course](#)

"I benefited from this programme enormously. It has taken away the fear of parenting a teenager. I have learnt new skills for dealing with my two teen boys and have clarified my role as a mother. Megan's style and approach make it easier to understand." Michaelhouse Mother. "Thank you so much for the wonderful parenting workshop today. I have come away full of knowledge and inspired to look at my parenting from a slightly different perspective. I am so pleased to have attended." Karen (Jersey, UK) - 2012



**Megan de Beyer**, MA (Psychology), MSc (Holistic Ecology), is an international specialist parent psychologist and author. Megan facilitates the successful course "Strong Mothers, Strong Sons" online & in-person. She is a celebrated writer and speaker, having been featured on popular media channels in South Africa and Australia. She is the mother of two balanced young men. Megan's book is an essential read for mothers seeking compassion and wisdom while navigating the teenage years.

[Click here for Megan's website](#)

[Click here to buy Megan's book](#)

Christ's college is hosting this course in New Zealand for the first time, by well-known psychologist, Megan de Beyer. "A mother wishes to have a connected, meaningful relationship with her teenage son that allows him autonomy, independence and maleness," says Megan, founder of the course.

This programme offers a chance for you to talk to an expert, other mothers & to discuss your son.

6 x ONE HOUR online sessions and includes a workbook – NZ\$200.

## How to book:

**Closing date for registration & payment:** 7 June 2021

### Payment options

**Paypal** (email [mdebeyer@gmail.com](mailto:mdebeyer@gmail.com)) or

**Eventbrite** [Click for Eventbrite payment](#)

For course content enquiries contact Megan on [howtoraiseaman@gmail.com](mailto:howtoraiseaman@gmail.com).



  
**Megan de Beyer**