

Do you have a son? Then watch this

2 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=GYQSGKQ-V2G](https://www.youtube.com/watch?v=GYQSGKQ-V2G)

<https://www.youtube.com/watch?v=gYqSgkQ-v2g>

SUMMARY

The speaker discusses the profound impact of their "Raising Conscious Sons" workshop, inspired by the Netflix series "Adolescence." The workshop addresses the struggles parents face in connecting with their sons amidst modern challenges, offering tools for conscious parenting that foster emotional attunement and connection.

- Many parents of boys feel confused and anxious, struggling with their sons' emotional disconnection and behavioral issues.*
- The workshop provides practical tools and strategies for parents to better connect with their sons.*
- It emphasizes understanding boys' brain development, emotional needs, and the differences in how boys and girls process emotions.*
- Conscious parenting is highlighted as a powerful alternative to traditional authoritarian methods, which can exacerbate issues.*
- Attunement is presented as a key concept to protect boys from negative societal influences.*
- The workshop aims to instill hope and clarity in parents, encouraging them to heal both themselves and their relationships with their sons.*
- A future workshop for girls is planned, acknowledging that both genders face significant pressures in today's culture.*
- Parents are encouraged to take action and join the workshop to restore connection with their sons.*

You know, when I first created my raising conscious sons workshop, it was really on this inspiration, this passion I had after I watched the Netflix series Adolescence. But I had no idea how deeply this was going to strike a nerve. I didn't know that there were so many parents, especially of boys, who were confused and anxious. They were suffering in silence. They were they were watching their sons shut down and disappear into rooms and into their screens or lash out and they were feeling powerless how to reach them. I didn't realize how desperate these parents were for tools and for guidance and for a new way to raise their sons.

They didn't want to raise their sons using control or fear or punishment. But they were tired of the battles, the back and forth, the arguments over the screens and the video games. What made this workshop so powerful is not only that a community of parents joined together to watch it, but it just didn't offer ideas. It also offered real tools and strategies. I taught parents how to connect with their sons. Now it was only a 1 hour 2-hour workshop so I couldn't do everything but I began the journey of understanding our boys their brain development their emotional needs the energetic differences between boys and girls how boys are wired for movement and freedom and problem solving and emotional containment but not using control or shame or the traditional strategies that we typically use. I taught how powerful conscious parenting can be because it teaches attunement.

And this attunement is what will protect our boys from the toxic influences of the world. The misogyny, the rage, the manosphere. Parents left this workshop not just with strategies, but with hope and clarity and the start of a path back to their sons. Because the truth is, my friends, our boys are in a crisis. So are our girls. Next month I'm going to do a workshop for the girls. These children are growing up in a world flooded with pressures to perform and a culture that rewards disconnection.

Traditional parenting is not going to reach your sons. Authoritarian methods are going to break them further. That's why conscious parenting is the answer. Thousands of parents have already taken this workshop and started their journey that's not just about their sons. It's about healing themselves. So, if you feel you're losing your son and you're afraid of where the world is going to take him, please don't wait. Join me. I'll show you the way back to your son, back to that connection that both of you crave for. Type the word boy, B Y, and I'll send you the details.