

sean grover

psychotherapist | speaker | author



dynamic workshops for parents & educators

Sean can tailor your workshop to meet the needs of your school or organization. Popular choices include:

- **developing healthy habits in children**

Learn to stop lecturing and start leading by adding healthier habits to your family's lifestyle and routine.

- **managing tech time at home**

Technology without supervision causes impulsivity, mood and sleep disorders. Learn to be the "guardian of technology" and prevent tech addiction in your children.

- **adolescence 101: the 5 things every teenager needs**

Teens are complicated, but their needs aren't. Learn to make a powerful impact on your teen by adding these five healthy activities to their schedule.

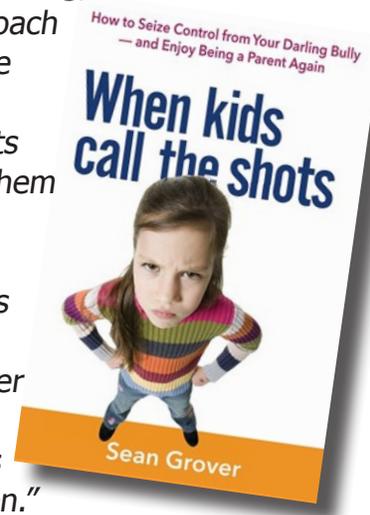
- **when kids call the shots: stop being a bullied parent**

Children who bully their parents are prone to suffer emotional, social and academic problems. Learn to provide stronger leadership and enjoy being a parent again.

visit www.seangrover.com for parenting articles, videos & contact details

"Grover's empowering, motivating approach is compassionate to suffering, burnt-out parents without letting them off the hook for becoming self-aware adults who can make consciously better choices for both themselves and their children."

- Publishers Weekly



about sean

Sean Grover's parenting workshops have been helping caregivers fend off nervous breakdowns for over 20 years. Sean delivers an inspiring message to parents, always infused with wisdom, humor and common sense.

His parenting advice has appeared in *The New York Times*, *The Wall Street Journal*, *The Economist*, and others, as well as on his popular Psychology Today blog, which has surpassed one million readers. A TODAY SHOW guest and frequent guest on radio shows and podcasts, Sean always imparts courage and hope.



The New York Times

The Economist

Psychology Today

THE WALL STREET JOURNAL

abc NEWS