



The Connection Reset

WORKBOOK

3 Simple Shifts to Help Your Teen Want to Talk to You Again

Welcome

Thank you for being here.

The fact that you're reading this workbook tells me something important. You care deeply about your relationship with your teenager. And that's where change begins.

This workbook isn't about becoming a perfect parent. It's about becoming a more conscious one.

As you work through these reflections, try to answer honestly rather than aiming for the 'right' answer. There is no judgement here. Only curiosity.

Because curiosity is where growth begins.

BEFORE YOU BEGIN

Where you're starting from

Take a moment to answer these questions before watching the course.

How connected do you currently feel to your teenager?

1 2 3 4 5 6 7 8 9 10

Not connected at all

Very connected

If your teenager described your relationship today, what words do you imagine they would use?

BEFORE YOU BEGIN

What do you hope will be different after this course?

Now watch Video 1 — Less Fixing. More Understanding.

As you watch, simply ask yourself: what's one small thing I could try this week?
Sometimes one small shift is all it takes to begin changing a relationship.

Then come back here and complete the reflections before moving on to Video 2.

VIDEO ONE

Less Fixing. More Understanding.

KEY IDEA

Teenagers don't always need solutions. They often need someone who is willing to understand before trying to help.

Feeling understood creates emotional safety. And emotional safety is where trust grows.

REFLECTION

Think about the last time your teenager came to you with a problem or something they were struggling with. What happened?

REFLECTION

What was your first instinct?

- ☐ Solve the problem
- ☐ Give advice
- ☐ Explain
- ☐ Reassure
- ☐ Correct
- ☐ Ask questions
- ☐ Simply listen

Why do you think that was your first instinct?

REFLECTION

When your teenager shares something difficult, what emotion usually comes up in you first?

- ☐ Fear
- ☐ Frustration
- ☐ Anxiety
- ☐ Sadness
- ☐ Helplessness
- ☐ Anger
- ☐ Something else

What are you afraid might happen if you don't immediately follow your first instinct?

REFLECTION

Can you remember a time when someone simply listened to you without trying to fix you? How did that feel?

What do you think your teenager most wants to feel when talking to you?

PRACTICE THIS WEEK

Before offering advice — pause. Take one breath. Ask one more question.

- Tell me more.
- What happened next?
- How are you feeling about it?
- What do you think would help?
- That sounds really difficult.

AFTER TRYING IT

What changed?

What surprised you?

How are you doing?

Take a moment to notice anything that stood out to you from this lesson.

When you're ready, watch Video 2 — Curiosity Changes Everything.

We'll look at how replacing assumptions with curiosity can transform the way we respond to our teenagers.

VIDEO TWO

Curiosity Changes Everything

KEY IDEA

Behaviour is communication.

Instead of asking 'How do I stop this behaviour?', try asking 'What might this behaviour be trying to tell me?'

Understanding doesn't mean agreeing. It means looking beneath the behaviour before responding to it.

REFLECTION

Complete these sentences.

Instead of thinking 'My teenager is being difficult...'

I wonder if

Instead of assuming

I could become curious about

REFLECTION

Think about one behaviour that regularly frustrates you. What is it?

What story do you usually tell yourself about that behaviour?

For example: they're lazy · they don't respect me · they don't care

REFLECTION

Now challenge that story. What are three other possible explanations?

1

2

3

Which explanation helps you feel more compassionate?

REFLECTION

When your teenager behaves in a way that's difficult for you, what need of YOURS is not being met?

- ☐ Respect
- ☐ Peace
- ☐ Cooperation
- ☐ Trust
- ☐ Safety
- ☐ Support
- ☐ Appreciation
- ☐ Being heard
- ☐ Other

How might recognising your own needs help you respond differently?

PRACTICE THIS WEEK

Replace one assumption every day with one curious question.

- I've noticed...
- I was wondering...
- Help me understand...
- Can you tell me more about that?

AFTER TRYING IT

How did your teenager respond?

How did you feel?

Are you still here with me?

If you are, that says a lot.

Your willingness to pause, reflect and try something different is one of the greatest gifts you can give your child.

When you're ready, watch Video 3 — The Relationship Comes First.

VIDEO THREE

The Relationship Comes First

KEY IDEA

Children are far more influenced by the quality of their relationship with us than by the number of lectures we give.

Connection is built in ordinary moments. Tiny moments repeated consistently become trust.

REFLECTION

When does your teenager seem most relaxed around you?

What activities naturally bring you closer together?

When do conversations usually become difficult?

REFLECTION

Looking back over the last month, can you remember three moments of genuine connection?

1

2

3

How often do you spend time together without correcting, teaching or reminding?

☐

Daily

☐

A few times a week

☐

Occasionally

☐

Rarely

REFLECTION

If your teenager felt completely emotionally safe with you, what might they tell you that they don't currently share?

What might stop them from sharing those things?

Is there anything you would like to apologise for?

REFLECTION

Is there anything you wish your teenager knew about you?

What kind of relationship do you hope to have with your teenager five years from now? Describe it.

My connection plan

Choose one small habit to practise over the next seven days.

- ☐ Put my phone away when my teenager is talking.
- ☐ Listen without interrupting.
- ☐ Ask one curious question every day.
- ☐ Spend ten uninterrupted minutes together.
- ☐ Notice something positive and say it out loud.
- ☐ Stay calm before responding.
- ☐ Other

What might make this difficult?

How will you remind yourself?

Looking back

How connected do you now feel to your teenager?

1 2 3 4 5 6 7 8 9 10

Not connected at all

Very connected

What has shifted most in your thinking?

What has changed in your behaviour?

AFTER THE COURSE

What has changed in your teenager?

What conversation would you now like to have that previously felt difficult?

What is one thing you are taking away from this course?

A letter to my teenager

You don't have to show this to anyone. Write from your heart.

Complete the sentences below, or simply write freely.

Dear _____ ,

One thing I love about you is...

One thing I don't say often enough is...

I'm sorry for...

I'm learning...

I want you to know...

My hope for our relationship is...

Love, _____

One final thought

Connection is not created by getting everything right. It grows every time a child feels seen, heard, accepted and safe.

Some days you'll respond with patience. Some days you won't. That's part of being human.

What matters most is that you keep returning to the relationship.

Because every time you choose curiosity over judgement... listening over fixing... and connection over control... you are becoming the kind of parent your teenager will remember long after they've forgotten the words you said.

“The relationship is the legacy.”

Egli Shiakali.
communicating from the heart

ABOUT

Hello, I'm Egli



I support parents of teenagers as they rebuild connection through calmer conversations, a deeper understanding of what's really going on, and practical tools for real life.

I'm a mum of two teenagers, an educator, parent coach and mediator. For over 30 years, I've worked with teenagers and their families in classrooms, around kitchen tables, and during some of life's most difficult conversations.

If there's one thing I've learned, it's this...

Behind every slammed door, eye roll, or argument is a young person trying to figure out who they are... and a parent doing the very best they can.

I don't believe in perfect parenting. I believe in curiosity over judgement, connection over control, and the skills that make small shifts possible.

From my home in Cyprus, I support families around the world through coaching, workshops and talks.

ALSO BY EGLI

Learning How to Learn by Learning Who I Am: A Handbook for Mindful Students

A practical guide that helps students develop the self-awareness, mindset and habits that support meaningful learning and personal growth. It also gives parents valuable insights into how they can better support their teenager's learning journey.

It's available on Amazon.

IF YOU'D LIKE TO GO FURTHER

From Conflict to Connection

Conscious Parenting for the Teen Years

These three shifts are a beginning.

If they helped, the full course goes deeper. Six modules that move from why control increases conflict, through what is really going on for your teenager, to the conversations that open rather than close — and finally to handing over responsibility while staying close.

One module a week, for six weeks. Yours to keep.

- Six modules · 30 lessons
- The Connection Compass workbook
- Lifetime access

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