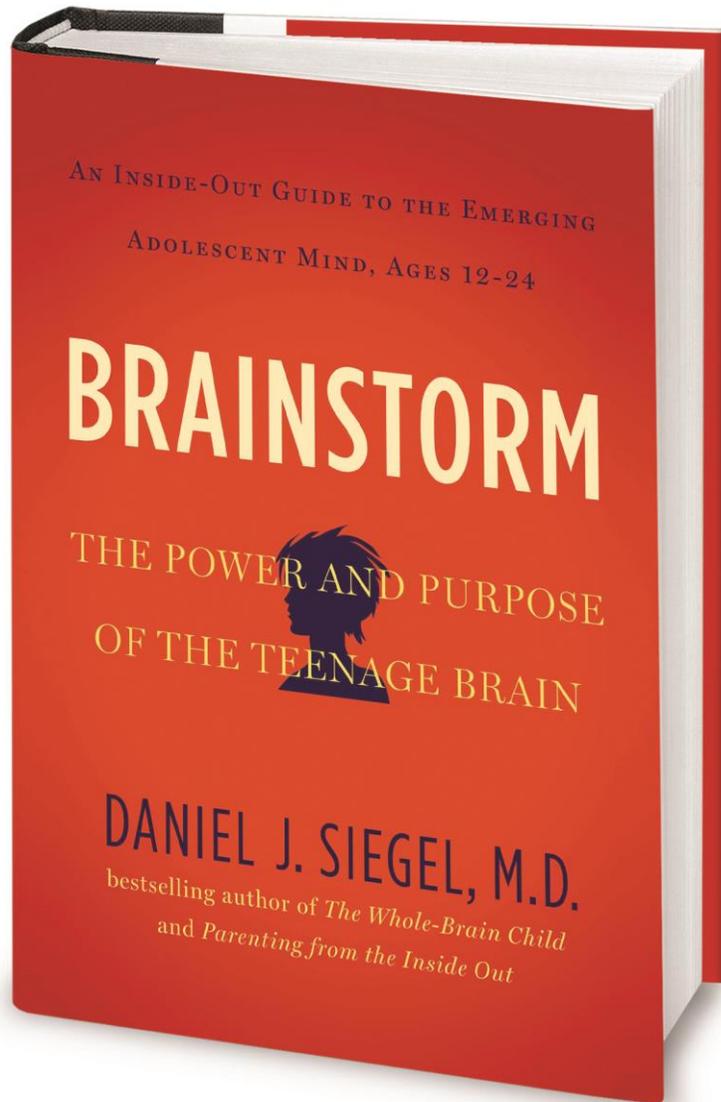


Ashland High School Parent Academy

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Lexi Delgado is a Family Coach, consultant, and speaker with 25 years serving in both the public and private sector as an educator, mental health clinician, and Manager of Children's Intensive Mental Health Services for Jackson County. Well known for navigating the particular complexities of working with challenging family dynamics and "hard to parent" children, Lexi brings clarity, compassion and very practical tools to her work. Lexi has lived in the Rogue Valley for over 17 years and has been married and parenting for almost 20 years.

CULTIVATE MWE!

THE WORK OF ADOLESCENCE—

THE TESTING OF BOUNDARIES, THE PASSION TO EXPLORE WHAT IS UNKNOWN AND EXCITING CAN SET THE STAGE FOR THE DEVELOPMENT OF CORE CHARACTER TRAITS THAT WILL ENABLE ADOLESCENTS TO GO ON AND LIVE LIVES OF ADVENTURE AND PURPOSE.

Mindsight practice:

TIME IN

There is a significant body of research that shows that taking time-ins (developing the foundations of social and emotional intelligence) can enhance students' overall wellbeing but furthermore, that it enhances academic achievement.

BE COAL

The stance we take when we are being **present**: CuriosOpenAceptingLoving

Work on SIFTING your mind-pay attention to sensation, images, feelings, thoughts... *intending* to be in the present moment, is a key tool for building the muscle of presence-to be aware of what is happening as it is happening.

The tripod of OBJECTIVITY, OPENNESS and OBSERVATION helps us see the sea inside...

MINDSIGHT includes 3 fundamental skills:

Insight

Empathy

Integration

Insight: Our ability to sense our own inner landscape who am I, who have I been, who do I want to be

Empathy: the ability to see someone else's perspective (gateway to kindness and compassion)

Integration: The ability to link parts of something into a whole--honoring differences and promoting compassionate connections.

So using **Mindsight** is an incredible way to be with the young people in your Life—knowing yourself, knowing them, then building understanding based on the merging of everyone's perspectives...

What do you think might happen if we began to treat adolescents with AWE and RESPECT?

What if we valued the important developmental experience adolescents are having as if our future depended on it (it does) and recreated our educational and cultural systems to support these years fully?

What if parenting adolescents could be a lot easier, a lot more fun...but also required you to make some deep changes in yourself?

What if many of the beliefs you hold, and we hold collectively, about adolescents are not accurate? (And what if we could change those beliefs TONIGHT!?)