

Raising Balanced Kids in The Digital Age

How to raise grounded and self-aware children within the distractions and disruptions of the internet and digital media
...without power struggles

In this incredible 2-hour presentation Michael Vladeck will teach you how to parent in a way that will bring your children back into a place of **balance and personal connection in the face of social media, gaming, and the countless disruptive exposures from the internet and technology**. He will give you a **science-based understanding** of the actual impacts that excessive exposure to digital media can create. You will leave with **very concise strategies and resources** to support you in creating balance with cell phones, computers, and other digital devices.



Michael Vladeck is a nationally recognized expert in teaching conscious parenting, and helping parents raise balanced, grounded and emotionally intelligent children in our current digital culture. He has been a family counselor and coach since 2004, helping parents and their kids on their relationship dynamics, personal transformation and development.

"We would recommend his work to anyone who wants to experience more authenticity, connection and peace in relationship with their teenager."

~ David and Robin Johnson, Parents, Boulder, CO

"As a mentor and spiritual teacher, he is inimitable. The time I spent with Michael is marked by a deeper understanding of the person I am, and the person I hope to become—he is a true role model for young adults."

~ Kelsey McCabe, 18

"Michael has a unique ability to connect with both parents and young people in ways that I have never experienced before. He "gets it" on so many levels. I credit Michael with having a pivotal and positive influence on our lives at a time when, without his help, things might have gone in a direction none of us wanted."

~ Susan LaHoda, Parent, Boulder, CO

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