

# Motivating Teenagers: How to Unlock Your Teen's Inner Drive Without the Stress

Understanding Teenagers Webinar - Presented by Chris Hudson (M.Ed.)

## Introduction

Well, hello and welcome to this training webinar on how you can motivate your unmotivated teenager without all the stress and drama.

My name is Chris Hudson. I'm a parent coach, youth specialist and the founder of understanding teenagers, but probably more important than that. I'm also the father of three great kids. I've been working with teenagers and their parents for over 25 years now. In fact, my first full-time youth working job was way back in the mid 1990s when my hair was a bit darker. My face was a bit thinner and my phone didn't even fit in my pocket. In fact, it was still attached to the wall.

But since then, I've worked with hundreds, probably thousands of teenagers and their families. And these days I spend a lot of my time coaching parents on how they can build better relationships with their teenagers and also working with schools and other organizations, training their staff on how they can be more effective working with the teenagers who are in their organization in the next 30 minutes. You're going to learn how you can motivate your teenager without needing to beg bribe or threaten. I'm going to show you that by overcoming the three key challenges most parents face, you can successfully help your unmotivated teenager find their inner drive and realize their potential and how good would that be?

Imagine in a year's time, if you could sit back and see your teenager doing their thing, self-motivated, achieving all the things they are capable of without you needing to argue with them to bribe them or to threaten them. How good would that be? Well, hopefully in 30 minutes time, you will be a lot closer to that dream becoming a reality. So let's get started.

So here we go. Now as we start, I invite you to grab a pen and paper to take some notes if that's how you work and that helps you take things in. But I'll also let you know that if you stick around to the end of the video, I'll provide a link where you can download the entire transcript of today's video for absolutely free. So if that's helpful for you, please stick around for that. So let's get on with what we're here to do.

If you are the parent who has ever wondered why is my teenager so unmotivated or what do I have to do to get my teen focused and moving? Then don't worry, you're not alone. Many, many parents get to the point where they just feel like the mum in this picture. And the reason is because most parents misunderstand what motivation is and how it really works. In fact, nearly all of us by default, try to motivate our kids using techniques that are really not that helpful and by not that helpful, not only do, I mean, they don't work, but they often make the situation worse. In many cases the only real result that is guaranteed is that you as a parent just become more frustrated and start exploring military boarding school options for your teenager and your teenager becomes more resistant and more resentful towards you in that special way that only teenagers can. Needless to say the end result is not only is your teenager still not doing what you desperately want them to do, but now your relationship with them is strained today.

I want to tell you that it doesn't have to be that way but knowing what to do and how to do it better isn't always obvious and it wasn't always obvious for me.

You see some years ago, I did this short blog post on my understanding teenagers blog about motivating teenagers. You might have seen it. It might even be the reason you're here. Now, back when I wrote this, there wasn't a lot of information about motivating teenagers on the inter webs and the post became really quite popular. So soon, I was getting lots of parents contacting me looking for help with their unmotivated teenager and I was able to assist some but not everyone you see, I knew that the common motivational methods parents use and they try don't really work. I also had a pretty good idea about how teenagers work or don't work in this case. And I could offer some tips and methods to help them get focused. But when I was working with parents as teenagers were seriously unmotivated, I started to struggle to be really helpful. In fact, sometimes I really couldn't help at all.

I knew there had to be a way forward. So what I did is I started researching the science of motivation. And what I was amazed to find was that it was that there was this whole world of research and understanding about what motivation is and how it works. I want to be clear. This wasn't experimental flaky ideas found in some dark corner of the internet just by following Clickbait headlines. But this was accepted science based on decades of research by serious people doing real peer reviewed studies.

What I found fascinating, there were lots of things but in particular was how simple many of these proven ideas were. But even more fascinating was how different and sometimes even contradictory these ideas were to the common motivational methods many parents used when I started applying what I was learning with parents. What do you know, amazing things started to happen? Parents reported previously disengaged, uninterested, unmotivated teenagers became enthusiastic self starters who were not only motivated but fun to be around parents also gave feedback that not only did their teenagers motivation improve, but in fact, the whole family dynamic improved.

So over time, what I realized was I work with these parents where there were three basic challenges most parents faced when living with an unmotivated teenager, not every parent and teenager faced all three, but nearly all of them were struggling with at least two of these challenges. So I created a program focused on helping parents solve these three specific challenges. And in today's video, I want to share with you what those challenges are and what you can do to overcome them. So here we go.

### **Challenge No.1: Understanding what motivation is.**

You see, it's pretty clear to me that many of us that what many of us think about motivation isn't always right. For instance, lots of parents practice, lots of parenting practice, sorry, effectively equates motivation to compliance. We know they're different and as I say it out loud, you are thinking, yeah, of course, they're different. But in our actual parenting, lots of us tend to use compliance strategies to try and motivate our kids. This doesn't work. It's not that compliance is important. Obviously, getting our kids to comply is important, but it's not the same as motivation. Compliance strategies are what we use to get our kids to take out the garbage, take out the garbage, be kind to their little sister or to stop putting the cat in the letter box.

However, these strategies don't work as well when we apply them to things like studying, training, uh practicing or getting a job. But by far, the

biggest misunderstanding parents struggle with is appreciating that there are different types of motivation. And yes, there are different types of motivations. And we have all experienced these different types in our lives, even if we don't know it. And it follows that if we aren't clear on there being different types of motivation, then we are definitely in danger of using the wrong type of motivation in the wrong situation.

Most motivational techniques that we default that, that we default to as parents can effectively be described as carrot or stick approach. You have likely heard this analogy somewhere along the line. So as parents, we try to motivate our teens by rewarding them or offering them a positive incentive. If they do what they do, you know what it is we want. This is using the carrot, not that a literal carrot is a great reward, but it is to a donkey, which is where the idea comes from. So there's a carrot is the positive or we resort to using the stick again, metaphorically speaking, of course, by threatening our team with a negative outcome. If they fail to participate or achieve in what it is, we want them to do.

I call this type of parental motivation, the beg bribe or threaten cycle. Because in my experience, parents tend to move these three phases, move through these three phases when trying to deal with their unmotivated teenager, you know, phase one is the begging that is we start by asking nicely and then when nothing happens, we try to ask more nicely if that is even a thing. Instead of just saying, please, we say please multiple times with that tone of desperation in our voice, you know, please, please, please can you just do whatever it is we want. But when the begging doesn't work and we run out of nice ways to beg or, I mean, ask what we try to do, we offer a bribe. If you can do this, then we will let you or give you whatever that bribe might be the thing the teenager really wants. Now, sometimes this might work once or twice. But in nearly every case, parents will find themselves back in the very same place with the same unmotivated, unmotivated adolescent they had before except now they've given stuff away. So when this doesn't work, we revert to threatening. We say to our kids things like if you don't get focused and get this done, then you will miss out on whatever good thing it is, they'll miss out on or you won't have access to whatever great thing it is that they won't have access to. Or if we get really, really frustrated and we're in a particularly bad mood, we say crazy things like, oh you are grounded for life. At which point, we instantly regret what we said have to backtrack and start all over again. You get the picture, you see this approach just doesn't work in lots of situations, but not only does it not work, it often makes things worse when you beg bribe or threaten your teenager, it usually produces no lasting result except for you and your teenager being in an un, being in an unhealthy cycle which creates strain and stress in your relationship.

Now, the carrot or stick approach or the beg bribe and threaten is effectively what is known as extrinsic motivation, extrinsic motivation. If I said that right and extrinsic motivation definitely has its place but it also has its limits. Another type of motivation is called intrinsic motivation. And whereas extrinsic motivation is based on external factors like carrots and sticks. Intrinsic motivation is a type of motivation that come from within the from within the individual. You can think of intrinsic motivation as a person's inner drive which the young men in this photo appears to have an abundance of. Most parents try using extrinsic motivational techniques to get their teenager going. Instead of focusing on trying to activate or release their teenagers in a in a drive or intrinsic motivation.

So we focus on extrinsic instead of focusing on intrinsic. And the problem is when parents try to apply the wrong type of motivation to the wrong situation, things go wrong And at this point, lots of parents start to feel

helpless and frustrated because they are trying to motivate their teen, but it just isn't working. So they conclude there is something wrong with their teenager.

This is one of the key things my client Manu learnt when she did the motivating teenagers program. Manny was great because she was humble enough to acknowledge that the issue that she'd been struggling with wasn't about her teenager but about her motivational style as a parent. Here's what she said

"Since I got the course material, I've been finding, I have been finding excuses to sit down and watch it after viewing the material. I'm filled with regrets asking myself how come this was not available when my child was 14. We work so hard on correcting our kids. But at times it is we the parents who need to correct this course has helped me evaluate my parenting style and find less complaints about my teen."

That was Manu. And like I said, one of the key things she discovered was it wasn't necessarily her daughter that had a motivation problem. It was her as a mother who had an issue in how she was trying to motivate her daughter. This is what commonly happens. Parents use the wrong motivational technique and blame the teenager when it doesn't work. The solution is use the right motivation in the right situation. Say it again, use the right motivation in the right situation. Does your teen situation lend itself to you? You using the beg bribe and threaten approach? Well, if you've been trying it and it's not working, probably not, maybe you would be better off putting that strategy on ice for a while and focusing on releasing your team's inner motivation. That's how you overcome challenge Number one.

Now, you are probably sitting there right now asking yourself how do I release my teenagers in a drive? I don't want to beg bribe or threaten, but I have no idea how to release their intrinsic motivation. Well, that is exactly what challenge number two is all about. It's like they flow on, isn't it?

## **Challenge No. 2 - Creating the Right Conditions**

You see the second challenge you need to overcome as a parent to motivate your teenager is to create the required conditions, create the required conditions.

I want you to remember that what the science shows really clearly is that self-motivated or intrinsically motivated people, including teenagers and yes teenagers are people even though it doesn't always feel like it self-motivated. People generally have three conditions met that is there are they are in environments where three social or psychological states are enabled or encouraged. However, the opposite is also true. Unmotivated teenagers generally don't have any or all of the three conditions. They might have one but rarely does an unmotivated teenager have all three. Therefore, and I know you saw this coming a key requirement to motivating your teenager, to releasing your teen's inner drive is to focus on creating the right conditions.

And so what are these conditions? I hear you ask the conditions your teenager needs in order to unlock their inner motivation, are they need a sense of control that is they need to feel like what they are doing is theirs and they have control over it. They also need a belief that they can achieve whatever it is they're trying to do. And they also have support people around them who help them and don't hinder them in trying to achieve the thing that they want to do or the thing they're being motivated to do.

Now, in the motivating teenagers, course we call these conditions, autonomy, competence and relationship.

Now, so often I found that when parents are able to make changes in just one or two of these conditions, even it changes things completely for their teenager because in the right conditions, your teenager will thrive and make great progress. Absolutely, they will without the right conditions. Well, let's just say progress can be a little bit slower. And it really is that simple. In many cases, the right conditions, they thrive the wrong conditions. You just flounder in this unmotivated cycle.

And this was definitely true for Andrea. Andrea is a fantastic lady and a great mum. Andrea came to me at the height of COVID lockdowns, which in England where she lived was pretty severe at the time, Andrea was really struggling with her son and his motivations for school and just his general attitude around the home as well as were many parents during COVID lockdown. Obviously, I coached Andrea through the motivating teenagers program and we focused specifically on creating the right conditions for her son. Most importantly, by changing how she related and communicated with him. And Andrea did the most amazing job. She worked really hard on herself, not her son, just herself. And the changes in her family were profound. Now, just as an aside, there was a point early in the course where Andrea made one simple parenting adjustment and it produced a significant change in her son's motivation and attitude and behavior in just 24 hours. Now, she went on to do lots of other things as well. But what she did just with one change in 24 hours was quite remarkable.

Here's what Andrea said after she finished the program,

"This course brought the most incredible change for the better to our mother son relationship. We relate to each other in a much better way and almost as crazy as it sounds in a closer way too. He is no longer put off by an emotional mum, an emotional mum, but has a much calmer version of myself. Instead, I've learnt so much about myself through Chris's kind, considerate and professional guidance and now feel better equipped to handle these turbulent teenage years."

Now, needless to say her son's attitude towards school and home life was completely changed and it's the changes lasted. I know well, after the lockdowns finished. So that's what you need to do for challenge. Number two, unlike your teenagers in a drive by focusing on creating the right conditions for your team.

### **Challenge No 3 - Removing the Obstacles**

Now on to challenge number three, removing the obstacles, you see, even with the right conditions, your teenager may still struggle with their motivation because of an obstacle that is getting in the way. Now, I found this to be true. In nearly every case of a seriously unmotivated teenagers, teenagers don't do, teenagers don't follow through or pursue something because something else is more important that is they don't follow through on the thing. You are trying to motivate them to do because something else is more important.

And at this point, I get all parents to focus on something very, very foundational about what about what and about how they see their teenager. And this is essential to remember. Your teenager does not want to fail, does not want to miss out. Your teenager does not want to be a screw up. Your teenager does not want to get in trouble even though they may act like getting in trouble. That is all ok with them. And your teenager doesn't want to live a disappointing life. The reason your teenager is not made motivated to do the thing you think matters most is not because they are

intentionally trying to wreck their life or make your life difficult as a result. It is because something is getting in the way something is stopping them.

There is an obstacle, there is a feeling there's a fear that they have. There's a skill that they don't have. There's an experience that they have had. There's, there's an expectation they can't meet. There's a desire to do something and it could be anything else, whatever it is, it is more important to your teenager than doing what you are trying to motivate them to do in the present. Now, say it again, not because I think you're hard of hearing, but because it is so fundamental to how you approach your unmotivated teenager, whatever it is getting in the road of your teenager taking action is more important to them than doing what you want them to be motivated to do now.

And so the key to successfully motivate your teenager, you need to remove the obstacles. This is so important that it's a major focus of the motivating teenagers program because nearly every teenager has at least one obstacle. They need their parents to help them overcome. But when they do well, it's a game changer, literally.

Just ask one of my most fantastic clients ever. Kate. Kate's youngest son was a very smart boy. Well, I'm sure he still is very smart and he'd always done well at school, but something had changed in his early teen years and when Kate started the motivating teenagers, course, her son had just failed seven out of nine subjects at school that year. And he wasn't failing because of, because of his ability. It was all about his attitude. He had just stopped trying and it wasn't just school. Kate's relationship with him was also at a pretty low ebb. It was always tense. They weren't able to communicate. He was increasingly isolating himself from her and from the rest of the family. Now, Kate worked through the motivating teenagers program and as she did this, it included stopping all the traditional unhelpful motivational pairing techniques that we've talked about earlier. And instead focusing on finding what were the obstacles that needed to be removed to help her son regain his inner drive and motivation of which it turned out there was one very significant obstacle. Kate realized her and her husband had to make some major changes in how they were dealing with their son and they worked really hard to make big changes and the results for her son were incredible and it wasn't just school.

Have a listen to what Kate had to say after she completed the course,

"I found the course fascinating but also had to face some hard truths about how I was behaving with my son. I'm now, I'm now able to see things from his angle and really listen to him as a result. After just a few months, our relationship has gone from tense, defensive and uncommunicative to relaxed and open where we share things, chat to each other and spend quality time together. At the same time, my son has relaxed in general, become more communicative with others, more self assured and confident as well as completely changing his attitude to his studies, which was the main issue that led me to start the course in the first place, the courses taught me that lack of motivation to study was just a symptom of the poor communication we had."

Isn't it failing? Seven out of nine subjects? To where Kate said he got to, I should also point out that when Kate did the motivating teenagers course it was just a series of emails, but we'll come back to that later.

So there you have it, the three challenges you as a parent need to overcome to successfully motivate your teenager, understanding what motivation is and applying the correct motivation at the right time,

creating the right conditions to unlock that inner drive those conditions, autonomy, competence, and supportive relationships. And then the third thing, remove the obstacles, whatever they might be, fear expectations, negative feelings, bad experience, whatever the obstacles might be, identify them and help your team to get around them. Now, when you do these things, you will release your teenager's motivation and things will change.

It's exactly overcoming these three challenges that the **Motivating Teenagers** program I've spoken about is entirely focused on.

This program is a self-paced online course. You can do it at your own speed in your own time designed specifically to help equip parents just like you with all. You need to motivate your disinterested, underachieving or unmotivated teenager. Through this program, you will learn exactly what you need to do to unlock your teen teenagers motivation and how you can achieve it. Following a proven process. The message, the methods you'll learn in this course are supported by decades of research and scientific study, not not by me, but by lots of other really smart people. And these methods have been shown to work repeatedly with teenagers all around the world.

As I think about all around the world, have a listen to what Lynne Holloway from the US had to say after completing the course,

"I can't say enough about the comprehensiveness and usefulness of this material from the opening session all the way to the end. Chris challenges, the common and erroneous beliefs we have about teenagers in general, but specifically, with regards to motivation, the material is very optimistic and valuable. It is something that I will grow into as I change the way I think and the way I parent and I can already see an improvement in the way my daughter approaches school this year. Chris is very clear and effective communicator and has much wisdom to offer any parent in general that has a team, but specifically one that has a team that seems lost, unmotivated or stuck."

So that could be your experience too. If you get the motivating teenagers course.

The course includes six modules. Each module or the six modules are comprised of 19 video lessons which you can also download just as audio files. If you want to listen to them in your, on your walk or in the car, every module comes with its own workbook so that you can work through what you need to change for you and your teenager in your situation. There are also lots of tools including specific scripts, even the exact words you can say that can help unlock things with your teenager. You of course get lifetime access. It, it never runs out. You can log in and download whatever whenever you want. And there's also a 30 day money back guaran unconditional guarantee. So if after buying in the first month, you're not entirely happy, I'll refund all your money.

And I'll also include a bonus module specifically on getting your teenager motivated to help around the home. This is a challenge. I know lots of households have. And so I'm including this special bonus focus just on getting your teenager active around the home.

If you want to discover how you can help your teenager find their motivation and end the beg bribe and threaten cycle in your home, then just click on the button below the screen and you will get instant access at a discounted rate, special discounted rate and you can start making the changes today, but relatively small in small investment, you can make a big difference not only to your teenager's life but to yours as well. Now, the normal price for this program is \$197 which is, you know, really good value

for the results of producers. But if you buy from this webinar page today, you get it for just \$79. That is a 60% discount, which I reckon is a pretty good discount.

For that \$79. Here's what you get. You get instant access. You start today to all six modules and the audio recording and the four hours of video, you get all the workbooks, you get specific scripts and tools, you know, have the exact sentences that you might need in a certain situation. You get the bonus module to get your kid doing housework. You also get the 30 day guarantee all for just \$79.

But most importantly, what you get for \$79 is a motivated teenager and you learn how to motivate them without needing to beg bribe and threaten. So you get a motivated teenager and you get your relationship back. Alright. I've probably said enough.

I'll let my client Kate who we just heard from have the last say on the course. Kate says

"I highly recommend this course to any parent who is in despair of motivating their teen or having a good relationship with them. It really will change your life."

There you go. I couldn't have said it any better. If you click on the button below and sign up today, you can have it for that great price. I now I'm also aware that I promised at the start that I will provide a full transcript to this webinar training. So in a minute when the video ends uh under the button that says you can have full access for a discounted price. There'll be another button that looks like this which says free download a full transcript. And it says this because if you click on that button, a PDF document with the transcript of this video will start right away. So please help yourself to that. So I hope you found this video helpful and you have a direction on what you can do to motivate your teenager. If you want some more help and more tools for the task, then jump in on this special price and get yourself access to the full course. But until next time, be kind and courageous.