



Julie Lythcott-Haims

### **Parenting styles to raise motivated adults**

There's a reason Julie's Ted Talk has over 3.8m views - her ideas are powerful. Please don't miss this interview; I learned so much from it as a parent myself.



Caroline Miller, MAPP

### **Cultivating resilience and setting better goals**

If you want to teach kids to set the best possible goals according to science, this is the talk for that. Caroline talks goal-setting and grit; she's nothing short of amazing!



Angela Duckworth, PhD

### **Parenting kids to be gritty and resilient**

You asked us about grit, so we got the pioneer of the concept. Dr. Angela Duckworth does not disappoint when it comes to teaching us how to raise gritty, resilient kids.



Shefali Tsabary, PhD

### **Conscious parenting to unleash motivation**

Oprah has said on more than one occasion that Dr. Shefali's book, *The Conscious Parent*, is the most powerful parenting book she's ever read. Listen to this paradigm-shifting talk and you will understand why!



Adam Price, PhD

### **Your son's not lazy & four motivation myths**

Dr. Price talks about why kids, and boys in particular, are opting out of a system as a coping mechanism to extreme competition, pressure, and stress. Listen to his recommendations for helping motivate boys.



Tim Pychyl, PhD

### **Tools to tackle procrastination**

What do we do when kids just don't "feel like" doing homework, chores, or other responsibilities? The world-renowned expert on procrastination enlightens us with a tool-packed interview!



Lea Waters, PhD

### **The science of strengths to motivate kids**

Helping kids identify and use character strengths can not only motivate them, but also create a positive shift for the whole family. Learn how to make a #strengthswitch.



Caren Baruch-Feldman, PhD

### **A school psychologist's motivation toolkit**

If you want to get practical tools on motivation from someone who works with kids every single day, this is the interview for you!



Ellen Braaten, PhD

### **How processing speed affects motivation**

If you have a bright child and wonder why it takes them so long to execute tasks, tune into Dr. Braaten's interview! Learn all about processing speed from the world expert on the topic.



Peg Dawson, EdD

### **Helping kids improve their executive functioning**

Skills including decision making, planning, and the skills to get things done are executive functioning skills. The foremost expert on executive functioning skills, Dr. Dawson, talks about challenges and solutions.



Natasha Daniels, LCSW

### **How to end homework battles**

Child therapist and anxiety expert discusses how to end homework battles as well as help kids cultivate intrinsic motivation and self-reliance.



Paula Davis-Laack, JD, MAPP

### **Rejuvenating kids with resilience skills**

If your kids are experiencing burnout from overwhelming academic pressure or over-scheduling, please don't miss our interview with burnout prevention and resilience expert.



Diana Caramanico, MAPP

### **Training for resilience and mental toughness**

Diana is the most dominant basketball player in Ivy League history who also happens to be a resilience expert! She teaches us several techniques to help kids build mental fortitude in the face of adversity.



Carin Rockind, MAPP

### **Boost motivation and engagement with purpose**

What is purpose? What is meaning? Are these concepts we can teach to kids? How does purpose affect motivation? Learn about this and the science of purpose from Carin.



Tosha Schore

### **Practical motivation strategies focused on boys**

Tosha guides us with practical tools to motivate boys, teach them self-regulation, and work on our own parenting skills in this moving interview.



Sharon Saline, PsyD

### **Motivating kids with ADHD**

Dr. Saline is going to tell us what ADHD is, how it affects motivation, and what to do about it in this power-packed interview.



Sherri Fisher, MAPP

### **Empowering families to improve motivation**

Sherri works directly with families to empower them with a variety of tools to motivate kids and empower families. Don't miss her awesome conversation starters!



Sharon Selby, MA, RCC

### **Motivating anxious kids and teens**

If your child is anxious and you want to motivate them, but don't want to push them too far outside of their comfort zone (or are not sure what that means), listen to Sharon's talk!



Conrad Macalalad

### **Motivational mindsets for successful testing**

Conrad knows exactly how to get the best out of a student in terms of testing and academics. His method: changing mindsets. Listen to how this test prep expert motivates for success.



Senia Maymin, PhD

### **Exploring the "four tendencies" of motivation**

Tune into this fun conversation exploring a framework called the four tendencies and how it relates to kids and motivation.

# Help motivate any child or teen with 20 expert talks!



You can own the entire summit and have transformational tools and one-of-a-kind techniques at your fingertips.

**My tween PROCRASTINATES on anything important - he'd rather play video games. How can I help?**

Take a deep dive into an interview with the world's foremost expert on procrastination, Dr. Tim Pychyl.

**How can I give my teen the motivation to SUCCEED without me there?**

Julie Lythcott-Haimen teaches parents how cultivate self-efficacy in their kids and break free from overparenting.

**How can I teach my kids to be GRITTY and persevere toward goals?**

You'll hear from the pioneer of Grit and #1 NYT Bestselling author, Dr. Angela Duckworth.

**The Motivated Child Summit is just one of 7 summits filled with actionable parenting advice from experts.**

# What's included in the Summit Library?

Every summit includes streaming video, audio downloads, written transcripts, and bonus printables!



## Anger Transformation Summit

- 7 expert interviews to ease anger in your home
- Practical tools to help kids and parents transform their relationship with anger
- Turn off parenting triggers and calm your child with unmatched compassion to end angry outbursts



## Better Sleep for Kids Summit

- 19 expert interviews to help families get through the night
- Practical tools to help kids form better sleep habits
- Understand how anxiety, overwhelm, screens, or poor habits prevent your kids or teens from getting a good night's sleep



## Confident Child Summit

- 21 expert interviews for turning anxiety into confidence
- Practical tools to help children learn how to increase confidence, boost self-worth, and cultivate resilience
- Help kids build confidence, believe in their abilities, and overcome fear of failing



## Happy Child Summit

- 21 expert interviews to help your child find joy and purpose
- Practical tools to help kids live happier and healthier lives
- Help children and teens curb stress and overwhelm while boosting motivation and well-being

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Every summit includes streaming video, audio downloads, written transcripts, and bonus printables!



## Motivated Child Summit

- 20 expert interviews for fighting procrastination & disinterest
- Practical tools to help kids cultivate motivation
- Teach kids to set the best possible goals, develop a sense of independence, and embrace challenges without fear



## Resilient Child Summit

- 23 expert interviews for eliminating anxiety
- Practical tools to help kids cultivate resilience
- Help kids bounce back from anxiety, tame their inner critics, inspire healthy body image and learn superpower skills like grit and mindset



## Superpowered Summit

- 14 expert interviews for helping kids find their best, most authentic selves
- Practical resilience-building tools for the whole family
- Help kids manage uncertainty, be comfortable in themselves, and overcome fear of failure



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- 125+ video interviews, audio downloads and transcripts
- Searchable and sortable library tagged by topic to find exactly what you're looking for
- **BONUS:** 3 parenting workshops on Anger Transformation, Motivation, and Growth Mindset

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