



# The Relationship Advantage

HOW TO STRENGTHEN CONNECTION AND INFLUENCE, AND WHY IT MATTERS

A workshop for parents and carers.

The most powerful force in the development of your child isn't a technique, a consequence, or a perfectly timed response. It's you. More specifically, it's your relationship with your child. It shapes how they experience the world, how they handle hard things, and who they're becoming. Connection is the very thing that makes parenting work. It lies at the heart of our influence, it's the fastest way through big feelings, and the single greatest protective factor a child can have. But it's also the first thing that takes a hit when life gets busy, behaviour gets hard, or everyone's just running on empty.

This session is about understanding that relationship more deeply. We'll explore how to build a connection that genuinely influences, what gets in the way (and why), and the small everyday (sometimes surprising) things that do more than you might realise. Grounded in neuroscience, full of warmth, and refreshingly practical, this session will leave you with clarity, confidence, and real tools to nurture the connection that shapes everything. We'll cover:

- Why connection is the foundation of influence, and how to build it (even through times when connection feels tricky).
- What children need most from us and the small everyday moments that do more than you think.
- What gets in the way of connection, and how to recognise it before it erodes.
- How to respond to big feelings in ways that build connection and influence, rather than distance.
- How to hold firm, loving boundaries without losing the relationship.
- When we 'lose it' with our kids - why it happens, what to do, and why it can be a powerful part of your relationship.
- How to build your presence in their mind - so your values and your voice guide their behaviour even when you're not in the room.
- How to grow emotional resilience and their capacity to do hard things.
- When co-parents don't agree - how to protect the connection and find more common ground.
- Adolescence and the paradox of pulling away - why their developmental job is to push you out, why they need you more than ever, and how to stay close in ways that work for this stage.



## About Karen Young

Karen began her career as a psychologist and is recognised as one of Australia's leading authorities on child and adolescent anxiety. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written five books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.