



REBEL WITH A CAUSE:  
Teenage Rebellion and How To Manage It

Dear Parent/Guardian

The school, in conjunction with our TMS Parent Support Group, is organising a Talk titled 'Managing the Teen's Rebellion (Discipline)' on Tuesday 25 September 2018. The talk will be conducted by an experienced speaker and counsellor, Mr David Seah.

Teenage rebellion is an important part in an adolescent growth. Adolescence is a time when many young teens test their parents' limits and patience. Teen rebellion often goes hand-in-hand with changing hormones and adolescent attitudes.

Parents who understand the changes that accompany their adolescent's development are better equipped to handle their teen's rebellion stage and are able to help their teens spend their energy on productive activities leading to becoming self-disciplined and responsible teen.

The talk will offer practical tips for parents and strategies to help understand their teens better and help support them during their teenage years.

A mass sms will be sent to parents.

Please reply to the sms or by the PSG chat group platform if you are attending by 21 September 2018. We look forward to your presence at this session.

Date: Tuesday 25 September 2018

Time: 0900 – 1200

Venue: Student Centre

Profile of Speaker

Mr David Seah holds a Bachelor (Hons) of Counselling from UniSIM. He is a certified Family Life Educator and Resource Speaker for Fei Yue's Family Central, Familywise, K-LINKZ and HERO Training Consultancy. David is also an Associate Counsellor at Lakeside Family Services (Jurong East Branch) and also at St. Andrew's Cathedral Home for the Aged. David is married with 3 children aged 28, 25 and 17.

David is a very experienced speaker and counsellor, and he has conducted many talks and seminars in many private and public organizations, schools and childcare centre. David has a good sense of humour and his ability to engage and motivate his audience in a fun and humorous way has made him a very much sought after speaker.

David is known to be an engaging speaker and is rated highly for his delivery of speech and content.

