

VANA LAB PARENT WEBINAR SERIES 2025

VANA
LAB

BETTER HABITS = BETTER LIFE

EMPOWERING PARENTS TO HELP THEIR TEENS THRIVE

FREE MONTHLY WEBINARS PACKED WITH INSIGHTS AND
STRATEGIES TO HELP YOUR TEEN SUCCEED

FEB 6

THURSDAY

6:30PM - 7:00PM ET

**WHY AREN'T THEY LISTENING?
COMMUNICATING EFFECTIVELY
WITH YOUR TEEN**

MAR 18

TUESDAY

7:30PM - 8:00PM ET

**HELPING YOUR TEEN
CULTIVATE THE
GROWTH MINDSET**

APR 8

THURSDAY

8:30PM - 9:00PM ET

**RAISING INDEPENDENT TEENS:
HOW TO FOSTER AUTONOMY
AND CONFIDENCE**

MAY 3

SATURDAY

10:00AM - 10:30AM ET

**FROM OVERWHELMED TO
ORGANIZED: HELPING YOUR
TEEN MANAGE THEIR TIME**

Your Facilitator



ROBERT CHEN

Founder of Vana Lab
Lecturer at Wharton
Executive Coach at
ExecComm

**CLICK HERE TO
RESERVE YOUR SPOT! >**
(OR SCAN QR CODE)



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www.vanalab.com