Making a Difference For Our Teens

Transformative Products & Programs For Teens and Their Parents

America’s Teenologist, DrBeth Halbert
DrBeth’s Compassionate Parenting
Our Teenagers Are In Trouble

Todd is 16 years old. He’s having a tough time in school. He doesn’t have many friends and feels a lot of pressure to “fit in.” He doesn’t want to be seen as a loser, but isn’t sure he wants to do what others in his class are doing, such as drinking, smoking and having sex. He’s been bullied on occasion by classmates.

He has very little confidence and low self-esteem. He feels lonely, fearful and depressed most of the time. His life feels difficult and overwhelming, and he doesn’t know how to cope with it.

Todd has thought about bowing to peer pressure by drinking and doing drugs to escape all his worries. He’s even contemplated suicide a few times.

He’s growing more and more distant from his parents and isolated from everyone in his life. He’s afraid to tell his parents what’s going on and how he’s feeling because he doesn’t think they’d understand him and doesn’t want to upset them.

Todd needs someone to talk to and someone who will listen to him… but he doesn’t know where to turn. He feels like if he stands up to his father, he will lose his love and respect. If he does everything he is “told” to do, he will be "selling his soul." His parents have enough pressure of their own, so he doesn’t want to be an even greater burden and thinks he should be able to “fix” his own challenges.

His parents “debate” constantly as to what is the best parenting modality. Todd agrees with his mother but fears if he says so, they will fight even more. He feels absolutely trapped in his own hairy, sticky, growing skin.

That’s where Dr. Beth Halbert (a.k.a. DrBeth) comes in. As a clinical psychologist specializing in “teenage” behavior in children, teens and adults, she has helped thousands of families through her counseling, coaching, training, products and programs.

With DrBeth on their side, teens have a place to connect with themselves and others, knowing they’re not alone --- and start to step into their greatness and live to their fullest potential!
Every day in America...
--- 7,000 teens drop out of school
--- 19,397 are suspended from school
--- 1,795 are arrested
--- 5 per 1000 adolescents are victims of violent crime (i.e. physical assault, sexual assault/rape, physical abuse, robbery, etc.)
--- Suicide is the third highest cause of death among teenagers. 3,069 attempts from grades 9-12.
--- Every 7 minutes a student in the United States is bullied; Every day 160,000 American students miss school because of bullying
--- More than 240,000 students have been exposed to gun violence at US schools since the Columbine incident in 1999.
--- In 2018, 23.9% of adolescents between the ages of 12 and 17 had tried illicit drugs
--- American teenagers consume 11% of alcohol annually in the US by binge drinking.
--- In 2017, 13% of U.S. teens ages 12 to 17 (or 3.2 million) said they had experienced at least one major depressive episode in the past year, up from 8% (or 2 million) in 2007.
--- Seven-in-ten U.S. teens said anxiety and depression is a major problem among people their age in the community where they live. An additional 26% cited anxiety and depression as a minor problem.
--- Between 244,000 and 325,000 American teens are considered “at risk” for sexual exploitation, and an estimated 199,000 incidents of sexual exploitation of minors occur each year in the US.
Our Teenagers Are In Trouble

The societal pressures cause teens to face multiple challenges each day:
--- Stress of keeping up with school
--- Peer pressure to belong
--- Inner struggle with self-esteem
--- Sexual activity at a young age
--- Alcohol and drug use
--- Attention Deficit Disorder and Attention Deficit/Hyperactivity Disorder
--- Boyfriend and girlfriend stalking
--- Classmate bullying
--- Date violence
--- Parental physical and/or emotional abuse

--- Number one challenge according to DrBeth’s inview questions in person and in groups: Children are trying to become themselves while pleasing their parents. Most have decided this is an impossible “Win Win” so they would rather shoot themselves in the foot and be wrong than be utterly controlled and stay stuck.

Many of the above statistics are increasing during the COVID-19 pandemic, with family violence, suicide, isolation, anxiety, school reopening concerns, and other things we are not able to measure.

These statistics are transforming before our eyes with family violence, isolation, school confusion and debate during this pandemic, and all the unknowns we don’t even know about.

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DrBeth's Signature Programs Are a Powerful Solution

Teenage challenges can be more easily dealt with when teens have effective communication skills that help them understand how to navigate the often-challenging landscape of being a teenager. This can be so much easier to handle if there has been space, tools, and tips to disagree before they are looking eye-to-eye with their parents. And if the parents understand the end goal of individuation, they will help foster the natural growth of their teen instead of creating a compliant, co-dependent, inauthentic adult who has no-or-little ability to self-reflect or self-modulate and has no self-sovereignty.

Among DrBeth's programs that support teens and their parents to work through challenges and produce loving relationships are:

**Power Hour** --- These weekly calls are for parents, teens and young adults in which DrBeth offers coaching and training on how to preventatively create healthy win-win relationships between parents and children as they grow into and through the teen years. She teaches everyone how to take back, get in, and stay in your emotional power – self-accountability!

**Embracing Defiance** --- Do you know the cost of compliance? This course teaches teens and parents how to embrace their defiant self, express their unique voice and navigate emotional challenges and triggers while creating transformation through compassion, understanding, playfulness and love.

**Parenting 911** --- This course shows parents how to address their litany of challenges in high-conflict crisis situations, showing them how to find their power without having “power over” their teens, thus reducing rebellion. It helps to understand they are not alone, they have not failed as a parent, and there are actual benefits of conflict, defiance, and transforming all of our triggers.

**Do-It-Yourself 10 Keys to Compassion** --- This course helps teens and parents tap into their self-compassion and unleash their “inner teen” --- helping them fall in love with themselves exactly as they are and create a life they most want to create for themselves.

**Own Your Parenting Story** --- This is an advanced course for high-achieving parents, teens, young adults --- who are ready to take 100% accountability and ownership for their own life. Identify your parenting story, own your parenting story, and create the inner and outer family of your dreams.

These programs create new insights, experiences and opportunities for teens and parents --- in the process ensuring that everyone is heard and appreciated and gets their needs met. Win-Win-Win or No Deal!

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DrBeth’s mission is to help save teen lives by reducing teen violence, teen suicide and child trafficking/prostitution by creating programs that foster more self-compassion, self-love and playfulness among teens as well as their parents.

Her company, DrBeth’s Compassionate Parenting, brings together teens, parents, teachers, mentors, businesses and first responders who work with teens to provide much-needed tools, support and understanding --- an authentic healthy individuation process.

DrBeth’s products, services and programs help teens:
--- Share their challenges, fears, hopes and dreams
--- Learn from each other and develop solutions to fix their own problems
--- Find resources and opportunities to make a difference in their schools and communities
--- Understand how to effectively interact with their parents and others – Win-Win-Win
--- Be prepared for their transition into adulthood and the working world
--- Ensure that they can identify their desires and then reach their full potential

As a DrBeth Corporate Sponsor, you can help young people, their parents, teachers and other first responders tackle the toughest teen issues and find solutions that will make a huge difference for families, communities and businesses.

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The teen market is immense. Teens have tremendous purchasing power. Beyond that, however, they have a conscience. This is important for businesses to understand. Here are important demographics that matter to businesses:

--- $109 billion dollars is spent by teens each year
--- The average teen spends over $104 per week
--- Estimated yearly discretionary teen income: ages 10-17, account for $44 billion
--- 75% of teens plan to attend college
--- 18% of teens have access to a checking account
--- 62% of teens have debit cards
--- 26% of teens received money wired into their bank account
--- 23% of teens have access to credit cards
--- 10% of teens used financial apps like Apple Pay
--- Teenagers fund their own clothing, entertainment & music purchases
--- Top 4 electronic gifts teens want: laptops, cell phones, mp3 players, video consoles

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As businesses fully understand the importance and power that teenagers hold in the marketplace, they can choose to include them more fully in their initiatives – within the community as well as in marketing efforts. Here are important demographics that matter to businesses:

--- Teens and their parents have a sincere desire to purchase products from companies that have a social conscience
--- Today's teens have an increasing influence on household purchases
--- Parents routinely consult their savvy teens when making purchasing decisions
--- Teens have a need for individuality and a deep attachment and respect for family
--- Teens are “hip to hype” ---they're savvy and recognize and resist hype-driven marketing
--- Teens are the most technologically advanced group in the entire US population
--- 68% of teenagers say, “I often buy a different brand just to see what it's like”
--- Teens are very cost-conscious: 75% search for lowest prices, 73% search for sales
Your Business Can Make a Difference

Teens are the future leaders of our nation. By giving them tools they need to communicate effectively, deal better with stress and generally feel better about themselves, they will become better students, better employees (when they enter the workforce) and ultimately better leaders.

Your sponsorship contribution will be used to carry out this very important work for thousands of teens and their parents across the country.

Corporate Sponsorship Fee – $10,000

Your sponsorship will help DrBeth continue to create products and programs that support parents and teens to communicate more regularly, build stronger relationships, own their power without having power over someone else, and reach their highest potential.

Your sponsorship will also help support parents and teens who cannot afford DrBeth’s products and programs, but who urgently need counseling and guidance as they navigate the challenging areas of parenting and teen development.
Benefits Our Sponsors Receive

Here are the many benefits you receive by becoming a DrBeth sponsor:

--- A keynote address from DrBeth for your employees, customers and/or suppliers tailored to their needs and to ensure win-win-win relationships for everyone in your family and your business

--- A customized training for your people focused on such topics as increasing profitability and productivity, building stronger employee-manager relationships, and overcoming mental and emotional challenges in the workplace

--- Free access to DrBeth's weekly Power Hour for Businesses, where DrBeth offers tips and practices on how to improve work-related communication, create stronger professional relationships, overcome workplace stress, and transform emotional triggers.

--- Free access to DrBeth's Double Dog Dare Community, where you can share content with other like-minded people and receive a host of valuable resources

--- Exposure on DrBeth's social media platforms, newsletters, email correspondence and other channels

--- Higher visibility with your customers, partners, suppliers and other stakeholders

--- Greater social impact and recognition in your community

More Recognition for Your Company = Greater Success & Impact for Your Business!
More Sponsorship Benefits

As a sponsor, you will be seen by your employees, customers, suppliers, partners, prospects, industry peers and your market as a company that cares for the future of teens, for your community and for society as a whole.

As a result, you will achieve the following benefits:
--- Increased brand loyalty and customer loyalty
--- Higher sales/revenue and larger customer base
--- Community responsibility and commitment showcased
--- Narrowcasting – Honing in on a niche market
--- Recruit and retain employees with a social conscience
--- Merchandising opportunities to teens and their parents
--- Identity as a good corporate citizen and “friendly face” in society
--- Opportunity to showcase a lesser-known but vital part of your company
--- Identification with a particular lifestyle and market
--- Enhanced commitment to teen/parent demographic
--- Brand identification for teens and parents
Our Corporate Clients

In addition to working with countless families as a psychologist and coach, DrBeth has worked as a facilitator and keynote speaker for many Fortune 500 companies as well as numerous family-owned businesses. Some of the companies she has served include the following:
Our Media Coverage

Among the more than 200 nationally syndicated television, radio, newspaper and magazine outlets where DrBeth has been featured are:
Testimonials

“What is it about DrBeth that’s so engaging? Is it the infectious laugh, the feeling that the wonder-filled child is so very close to the surface? Maybe it’s the vision of love and compassion for all parents and all children, this vision that she lives and breathes, balanced with rock-solid professional credentials and a deeply committed personal practice of self-growth and authenticity.” --- Dr. Jasmine Samrad, JSD, CLC, CWC, President, HelpingTheHelper.com

“DrBeth makes us all better people. Her messages inspire us to become better people and better parents, grandparents, partners, and children. Her infectious enthusiasm is so contagious I hope the entire planet gets the Dr. Beth bug!” --- Dale Rosenfeldt, Author, Artist, Consultant, Parent, Grandparent and Wife

“DrBeth inspired and taught our sales team how to take the time to WOW the customers! She created an eye-opening experience to the small things that have made a big impact overall with the management team and the staff. Our CSI is consistently eight points higher than when she started.” --- Rich Fox, General Manager, Roseville Volkswagen

“DrBeth’s energy and enthusiasm is contagious, and she is an inspiration to teens and parents everywhere. She offers terrific lessons for courage about being open and honest with your feelings, and opens the door for more and improved communication between adults and teens. DrBeth is paving the way to a brighter tomorrow!” --- Michelle Fuller, Parent, Educator and Business Consultant

“As a colleague, DrBeth holds the possibility of greatness for herself and others like no one else I know. She is truly an inspiration!” --- John Kinyon, Trainer, Center for Nonviolent Communication

“Working with DrBeth, I was able to calmly set boundaries and still be a caring and nurturing parent. In a matter of weeks, my son is more upbeat and positive than I have seen him in over a year!” --- Linda Sturdivant, Master Coach and Speaker
As “America’s Teenologist,” DrBeth helps build stronger teen-parent bonds, allowing everyone to feel safe and communicate openly with each other.

Using a whole-systems approach to her work---addressing the physical, emotional and intellectual aspects of family and “inner family” dynamics ---she helps create healthy, joyful, sustainable relationships that are filled with compassion, love and “fun-fulness.” She empowers teens and parents to thrive and reach their leadership potential with these new world changes.

In addition to working with families, she is also a facilitator, consultant, coach and keynote speaker in the corporate world, helping leaders and employees improve their communication. She helps create better teamwork by bridging the management/employee gap in companies as a way to boost workplace satisfaction and productivity in the new Millenial/Boomer workplace.

DrBeth’s Compassionate Parenting company is committed to creating sustainable social change and support people to become the “inner parents” and leaders they want to be.

“My philosophy of transformation begins with emotional awareness. When we get in touch with our emotions and the impact they have on us, we can make a conscious choice to create new possibilities in our lives. By remembering experientially and emotionally what it was like as a child, we can create new choices that are in alignment with who we are so we can create the vision we want for ourselves and our families.”

--- DrBeth
DrBeth’s Credentials & Accomplishments

Some of DrBeth’s credentials and accomplishments include:

--- Licensed child and family psychologist with 20-plus-year clinical practice in the San Francisco Bay Area
--- Extensive experience working with thousands of families, parents, teens and children
--- National speaker, facilitator and educator delivering life-changing and family-saving parenting programs
--- Keynote speaker, facilitator, coach and consultant for thousands of US companies
--- Author of parenting books, reports, articles and newsletters
--- Host of a television show (“Bridging the Parenting Gap”) and radio show (“Ask DrBeth”)
--- B.S. and Psy.D. in Clinical Psychology, Masters of Education in Human Resource Development and Adult Education
--- Published dissertation: Secure attachment is the key to healthy emotional development
--- Producer, singer and songwriter of children’s music; creator of two children’s CDs
--- Participant in charity events, concerts and fundraising for children’s organizations
DrBeth’s Keynote Presentations and Workshops for Businesses

DrBeth delivers the following keynote presentations and workshops for businesses:

Parents and Business: How to Build a Supportive Environment for High Performance --- DrBeth shows parents/leaders how to take care of themselves and improve the communication with their teens and their employees, thus helping organizations be more successful.

Increase Profitability by Reducing Stress --- DrBeth offers this interactive “playshop” (based on her many years of experience working with businesses, parents and teens) that teaches teams how to take the stress out of business relationships and create win-win-win situations.

End the Sabotage --- DrBeth teaches employees and managers in this “playshop” how to accept and embrace change in themselves and transform self-sabotaging stories so they don't sabotage themselves and their work.

Bridging the Management/Employee Communication Gap --- Using tools from her work with parents and teens, DrBeth shows managers and employees how to communicate effectively as a way to build strong, successful, loyal teams.
How to Become a Sponsor

To become a DrBeth Corporate Sponsor, please do one of the following:

1. Fill out the sponsorship form on the DrBeth.com website.

2. Make out your sponsorship check of $10,000 to “DrBeth’s Compassionate Parenting,” and mail it to DrBeth Halbert, 9 Mill Springs Court, Pittsburg, CA 94565.

3. Call DrBeth’s Compassionate Parenting at (925) 403-4113 and we can register you over the phone.

If you have questions about sponsorship or need more information, please email DrBeth@DrBeth.com with “Sponsorship Request” in the subject line or call/text (925) 403-4113.
A Sincere Thank You

I greatly appreciate your shared commitment to achieving the important mission of making a difference in the lives of teenagers and their parents! Your sponsorship is giving them the opportunity to triumph over their struggles, step into their greatness, create stronger relationships, flourish in this often-challenging, ever-changing world and Dare To SHINE THEIR WAY!!!

Your sponsorship will help countless teens reach their full potential, help relieve the pain of countless more parents and help improve the corporate global market by creating a responsible, accountable, empowered workforce.

With your support and involvement, together we have the opportunity to transform society... one teen and one parent at a time.

Thank you again for your generosity and support! Don’t forget to take great care of yourself first!

DrBeth Halbert
Founder & CEO
DrBeth’s Compassionate Parenting