

<<Subject line: An Introduction for You – A Coach and Program for Parents in Crisis

Dear [name of your contact],

I'm writing today to tell you about someone I know who has been supporting parents and teens in crisis for 20 years. She helps individuals and families create stronger relationships through love, compassion, playfulness and communication. I thought you might benefit from finding out more about her and what she has to offer.

Dr. Beth Halbert (a.k.a. DrBeth) is America's Teenologist, offering award-winning products and programs for teens, parents and families. She helps children and adults of all ages to heal themselves, step fully into their greatness and live the life of their dreams!

DrBeth is not your typical child psychologist. She doesn't "fix" kids. She helps create win-win relationships between parents and their children. She helps teens feel safe with their parents and helps parents trust their child and understand that they are doing everything right.

DrBeth offers a comprehensive program for parents in crisis called Parenting 911. This unique course provides ideas, practices, exercises and "out of the box" approaches to parenting that will produce win-win results for parents *and* their children, not "no win" situations.

The course will show you how to find your power without having "power over" your child. Everyone gets to show up as themselves, be heard and appreciated, and have their needs met. It takes parents from crisis to collaboration with their children, from adversaries to advocates.

The Parenting 911 Course includes all of the following:

- Zoom Power Hour Recording – A recording outlining the 10 Keys to Compassion and numerous insights on how to handle emotions and your "inner family."
- 10 Keys to Compassion Chart – A complete overview of the 10 Keys to Compassion, what each of them means for you, and how to integrate them into your life.
- 10 Keys to Compassion Inner Family Chart and Fast Fun Breaks – A complete list of the characteristics, needs, triggers, and motivations of our "inner family" and ways you can ensure that each part of yourself can have fun and get your needs met.
- Brag List – A document showing you why it's important to brag about yourself and what you've done, and the space to write out 100 things you'd like to brag about.
- "What's Your Parenting Story" Recording – A recording helping you avoid a teen crisis by understanding the stories you and your teen are unconsciously living into and how you can transform your stories to create a healthier, happier relationship.
- 2.5 Hour Audio Recording on the 10 Keys to Compassion – Recordings of parents asking Dr. Beth questions on how to use the 10 Keys to find new ways to interact, resolve conflicts, and create stronger bonds with their children.
- Embracing Defiance 52-week Course – A comprehensive course providing practical tools for parents and their teens to navigate emotional challenges and create transformation through compassion, understanding, playfulness, and love.

[Go here](#) to find out more about DrBeth's Parenting 911 Course and/or to sign up.

[Go here](#) to find out more about DrBeth. You can also email her at DrBeth@DrBeth.com or call/text her at 925-403-4113.

If you're a parent struggling with your teen or your other relationships, or you're having difficulties in other parts of your life, DrBeth can provide invaluable tools, insights and support on how you can mend your relationships and step into your greatness! You will never be the same once you see what DrBeth has to show you!

[Name of your contact], I hope this is helpful and look forward to hearing your thoughts.

My best wishes,
[Your name]>>

[Name], I appreciate you and your support of my work! If you have any questions about the Parenting 911 course or would like any additional support with your parenting or your personal journey, please email me at DrBeth@DrBeth.com or call/text me at 925-403-4113. Thanks so much!

Don't forget to take great care of yourself first!

DrBeth :)