

ELWIN HALL

FROM PROTEAN CONNECTION

Q I want the best for my kids but I'm pushing them away. How can I show more support with their career choices?

A It's only natural you wish the best for your children and want to support them in their long-term future, which includes career, health and happiness.

You don't want to appear abrasive but want to take an active interest in their decision-making.

Communicating this can be a delicate affair.

Teens want respect. Earn this by being a role model for respect and expect the same from them.

Challenge yourself to:

DEFINE what you mean when you say that you only want "the best".

GET into their mindset.

DESCRIBE the best from their perspective.

LISTEN, listen and listen — if you have to, sit on your hands and bite your tongue.



All ears: make sure you listen to your children when they discuss their career plans.

FOCUS on what they say, not what you want to hear.

NOTICE their passions.

MIRROR back what you heard them say.

CHECK if what you heard is what they meant.

ASK questions, remain curious and do not judge or tell them what to do.

BE AWARE of your effect on them.

REMEMBER this is about them being in control of their future.

SUPPORT involves talking less and asking, not telling.