

The Parent & Teen Troubleshooter

Cai Graham

"Cai really was my lifeline, and I'm happy to say that having followed her advice and guidance the situation resolved itself." *(Worried Mum)*

"Don't ask me what just happened - I've no idea ... But she's a bloody magician!" *(Anxious Teenager)*

Cai Graham is a Parenting & Teen Mentor, Podcaster, International Speaker and Amazon #1 bestselling author of The Teen Toolbox™. She is a Mum of two 'adorable' young adults Jack 28 and Alice 26 - so she has been deep in the parenting trenches for years.

Cai has blended nearly three decades of motherhood with her background as a Master Practitioner in: NLP, Hypnotherapy and Coaching; together with her experience as a ChildLine counsellor and HomeStart volunteer. Cai created her TEEN Toolbox™ Series which provides parents and teenagers with her straight-talking approach to life and the tools to successfully navigate the vital (and sometimes rocky) stages of adolescence.



Popular topics Cai can cover:

- **Bullying / Cyber Bullying**
- **Self Harm**
- **Sibling Rivalry**
- **Grief & Bereavement**
- **Stress Management**
- **Self Esteem & Confidence**
- **Step Parenting and Co-Parenting**
- **Peer Pressure / Friendship Issues**
- **Depression & Suicide**
- **Sex & Porn, Drugs & Booze**

Time Sensitive - based on 'awareness weeks'

- **JAN : Dry Jan / Alcohol Awareness**
- **FEB : Child Mental Health Awareness Week**
- **MAR : Eating Disorders Awareness Week**
- **APR : Revision Tip : Prep for Exam Season**
- **MAY : Exam Stress**
- **JUN : Pride Month : LGBTQ+**
- **JUL : Schools Out**
- **AUG : Exam Results / Back to School Anxiety**
- **SEP : Child Obesity Awareness Month**
- **OCT : Cyber Security Awareness Month**
- **NOV : Stress Awareness Week**
- **DEC : Party Season**



My MISSION

**To Help Parents To Support
Their Children
So That Together We Can
Build a Mentally Healthier
and Happier Generation
of Young People.**



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Cai's most requested problem

I am really worried about my son.

He is 13 and suffers every day with severe anxiety.

He has low self esteem and thinks he is ugly and worthless. He is refusing to go to school and will not go out and see his friends.

He has suffered now for nearly 5 years.

I so want to see him happy but I have no idea what to do to help him.

Seeing your once, happy go lucky child, morph into a confused and anxious teenager; lashing out at any of your efforts to look after them is distressing for any parent.

We feel that it is our responsibility to keep our kids happy and safe – we are supposed to have the answers – and yet we continue to feel powerless in this fast paced world. A world of school league tables, cyber-bullying, gun & knife crime, climate change and gender fluidity...

Understandably, you desperately want your child to open up to you so that you can help them and support them – but you have no idea where to start.

Cai has the tools and techniques that can help :

- ✓ Deal with Panic Attacks
- ✓ Understand Anxiety – and why it's not a bad thing
- ✓ Calm your mind in stressful situations.



Online Courses

Beating Anxiety



Mastering the Meltdowns



Crack Your Confidence



BREATHE Through Your Big Emotions



Self Care Putting Yourself First



Cai thank you – the difference in the boy I dropped to school this morning from what I picked up 3 and a half weeks ago is extraordinary!



*Thank you so much, Anna said you are the best most helpful person she has ever chatted to!
She loves your straight talking approach.
Huge Thanks x*



Resources

PODCAST

The Parent & TEEN Toolbox

www.caigraham.com/podcast

BOOK

The TEEN Toolbox™

www.caigraham.com/book

APP

The TEEN Toolbox™

www.caigraham.com/app

YouTube

Cai Graham

www.caigraham.com/YouTube

As Seen On



Kensington Mums
Keeping you in the loop with the local scoop!

The Telegraph

DAILY EXPRESS

Ulster Tatler

Daily Mail
MailOnline

THE IRISH NEWS