

Deb Talks

Truth



DEB SCHROEDER

**COACH
AUTHOR
SPEAKER**

Do you remember your own teen years? I do. And I know I spent time figuring out who I was, finding my own voice, and navigating all the social things. I also had to create a balance of respect towards my parents and secure my own independence. Today, our teens have additional challenges thanks to social media being at their fingertips.

As a parent, this season can be both overwhelming and amazing--at the same time. I've lived it and know it firsthand. I also understand how youth development impacts your teen. And, I know what it is like to parent during a season of rebellion.

**BOOK YOUR FREE
30 MINUTE
COACHING CALL TODAY!**

Email coachdeb@debtalkstruth.com to request your call. Please include special code: **Integrity2026** in your subject line.

In that email, let me know what you would like to discuss, how many teens you have, and what you hope to get out of our call.

I will send details following receipt of that email on how to schedule the Zoom call.

Deb Schroeder

coachdeb@debtalkstruth.com