

# DR. ALAINA JOHNSON

CONSULTANT AND COACH FOR PARENTS AND MENTORS OF TEENS IN THE ARTS

Dr. Alaina is a clinical psychologist, author, and mom of three focused on supporting teens and young adults in the creative arts. She educates, coaches and guides young artists as well as their parents, mentors and educators. By addressing challenges that often lead to frustration or overwhelm, better understanding and tools are developed resulting in more confidence and clarity for skill development.

She coaches agencies through challenging relationship dynamics with customers and establishing policies and procedures that support a healthy culture for both staff and consumers.



“Creative minds have their own set of wants, needs, and desires around their art of choice. They often describe themselves as experiencing the world in a unique way, which leads to unique ways of navigating their inner and outer worlds. Creatives are some of my favorite humans to engage with. I love their unique perspective, enthusiasm, excitement, wonderment, and questioning and how they don't accept the status quo as the approach they must take. I'm often in awe of their ability to cause me to think about things in new ways.”

## HOW TO TOPICS FOR PARENTS

- Understanding and building confidence in teens
- Decreasing perfectionism and procrastination
- How to help young artists build skills effectively
- What to do when your tween or teen is facing disappointment or rejection

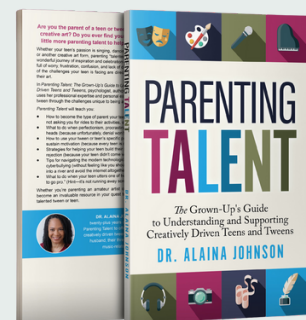
## HOW TO TOPICS FOR ORGANIZATIONS

- How to manage challenging parents
- Setting effective policies and procedures
- Managing the impact of rapid growth on students and parents
- What every new creative arts teacher should know about teens/tweens

## THE BOOK

### PARENTING TALENT:

The Grown-up's Guide to Understanding and Supporting Creatively Driven Teens and Tweens



## LET'S CONNECT



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