

One Second Of Strength™

WHAT DID TANNER SPEAK ABOUT AT MY KID'S SCHOOL?

Tanner is a TEDx and keynote speaker who empowers kids to take control of their life. He invited them to use their One Second of Strength to distance themselves from the distractions that are hurting their heart. **This is a perfect moment to talk with your kids about smartphones, social media, what they felt, if they committed to making a shift in their life, and how you can support them.**

YOU'RE IN CONTROL

You are in control of your life and have to power to use your One Second of Strength to get back in control when it feels like life is spiraling out of control.

OVERCOME LIMITING BELIEFS

Tanner helped students overcome internal distractions and overcome negative self talk and to "TRAIN your BRAIN" to replace negative thoughts immediately.

DISTRACTION IS THE ENEMY OF ACTION

Tanner shared that distraction is the #1 thing standing between kids and what matters most is Distraction is the enemy of action, keeping you from gaining traction towards a life of satisfaction.

SOCIAL MEDIA IS D.U.M.B.

We talked about how much time teens spend on social media (nearly 71 days/year) and that it is designed to be addictive. We learned to Delete, Unfollow, Mute, and Block if it gets too heavy.

WHAT MATTERS MOST

Tanner helped students reach their potential by the learning "SOS Approach". They learned to Set Intentions, Observe their behavior, and make a One Second Shift when they get off track.

YOU'RE IN CONTROL OF YOUR LIFE

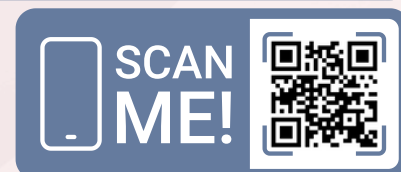
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TANNER'S CHALLENGE FOR TEENS:

1. Use your One Second of Strength to overcome distractions.
2. Look up from your phone when it's feeling D.U.M.B. (ask about this)
3. Increase connection IRL and give more hugs to increase happiness.

NEED MORE SUPPORT?

Learn the **4-step guide to protecting kids** and raising them with social media and devices. Use **code PARENTS50 to take 50% off** the digital course that has helped thousands of parents.



www.4mParenting.com
www.onesecondofstrength.com