



Sproutable Parent Education 2026

Sproutable offers parent education for middle and high schools. We will design the training based on your parents'/caregivers' needs and challenges at home.

Families are eager for expert tools, guidance, and connection on their parenting journey. With years of experience speaking, consulting, and coaching parents and teachers, Sproutable delivers engaging, practical, and inspiring talks that leave audiences feeling empowered and supported. Whether in a school gym, classroom, a work event, or a neighbor's living room, each event is tailored to the audience, leaving participants with real strategies and a sense of community.

Casey O'Roarty, M.Ed

Casey is an exceptional storyteller and speaker for both large and small crowds. She receives regular feedback about how relatable and approachable she is. Casey is a Positive Discipline Lead Trainer with her Masters Degree in Education from the University of Washington and thinks of herself as a facilitator of personal growth and development. For the last 15 years, her work has encouraged parents to discover the purpose of their journey, and provided them with tools and a shift of mindset that has allowed them to deepen their relationship with themselves and their families. Casey pivoted her work towards families of adolescents as she herself began to face challenges and behaviors that caught her off guard with her own kids. She offers a weekly podcast spotlighting the experience of parenting teens, puts on live and online class and works one on one with parents. Her book, *Joyful Courage: Calming the Drama and Taking Control of YOUR Parenting Journey* was published May 20th, 2019. Casey lives in the Pacific Northwest of the United States with her husband, and two teenagers.

Pricing

1- 2 hour workshop

\$990 up to 50 people in person

\$1350 up to 100 in person

\$1800 up to 300 in person

Zoom: \$990 up to 200 people (includes recording for those who are registered)

*Travel fees will be applied for locations outside of Seattle, WA USA. Reach out to Casey O'Roarty, casey@joyfulcourage.com for more information.

*Live trainings are now subject to sales tax in Washington State.

6 week series

\$5,500 up to 25 people

In-person or Zoom

Comes with a bonus Q&A session via Zoom

*For private groups, host may charge attendees. Series can be extended for additional cost. Reach out with questions.

*Live trainings are now subject to sales tax in Washington State.

Examples of Topic Areas

Understanding Adolescent Behavior

Gain a deeper understanding of what is happening to the brain during adolescence and use that understanding when responding to the behavior that is showing up in your home. The teen years are a special time in development and we often misunderstand our teens, mistakenly rupturing the relationship we have with them. Learn relationship-centered tools for staying connected and keeping your teens' development moving in a positive direction.

Positive Discipline for Middle School and High School

Dr. Jane Nelsen's Positive Discipline parent education is based on the theories of psychologists Alfred Adler and Rudolf Dreikurs. Positive Discipline helps children feel a sense of significance and belonging through learning important life skills of empowerment, self-reliance and cooperation. Respond to behavior challenges (big emotions, not listening, sibling conflict, rudeness, screens, etc.) with mutually respectful

tools that are solution-focused. Learn how to discipline with firmness and kindness, have fun as a parent, and set the foundation for important social and life skills.

Building Relationship and Connection

The most powerful tool we have for influencing behavior is the relationship we nurture with our kids. This is the foundation we stand on as our children move through adolescents. And the stronger their relationship is with their parents, the better the outcomes for teens. This workshop focuses on how to nurture and strengthen relationships using kindness, firmness, and mutually respectful communication.

Personal growth on the Parenting Journey

Parenting an adolescent can be an intense ride. It can also be an awesome opportunity for an inner exploration of our beliefs and conditioning. This workshop was created to support parents with growing their self awareness, mindset and emotional experience during the teen years. In the end, we get to decide who we want to be as we move through the challenges of this season of parenting, and that requires us to be willing to grow.

Making Agreements and Tools that Encourage

This signature talk walks participants through the mindset shift of parenting middle and high schoolers with a focus on parenting for the long term, current challenges facing kids, and how parenting styles make a difference. Participants walk away with language and tools for empowering their kids and a structure to bring everyone in the family onto the same page.

Setting Boundaries

Learn the difference between punishment, consequences and solutions in this highly interactive workshop for parents of teens. We will take a look at our own experiences of punishment, what it actually invites from our teens, and alternatives we can lean into that are helpful in supporting our teens with learning life skills.

Navigating Screen Limits

Every parent of a teen is struggling with how to navigate screen time and limits. This workshop offers tools and strategies for how to shift the focus from control to skill building and critical thinking. We have to learn to live WITH devices in the healthiest possible way. Parents have a lot of influence around what this can look like in the home environment.

Risky Behavior and Teens

Learn how to be with the risk taking that shows up during the teen years. During adolescence, the brain is wired for novelty seeking, which can result in them making some scary choices. This workshop is designed to support parents of teens in building their confidence to be the leader that their kids need them to be, as well as nurturing a relationship that serves as a soft landing for their kids.

Contact us for more information:

Sproutable, Inc.

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360.348.6367 (Casey O’Roarty, Founder, Adolescent Lead)

[Twitter/Facebook/Instagram](#): @Joyful_Courage

Testimonials

“I have been struggling with consequences for my teens – what should they be and why aren’t they working? We have been locked in a power struggle with my younger teen and I found myself trying to force him to do what I want – control instead of collaboration. This program helped me pivot away from consequences and reframe situations with a view on solutions, and really thinking harder about what part of the work or choice is really mine and which is his.”

"Casey is an excellent facilitator, letting participants have time to express themselves and ask questions but not letting the conversation(s) wander too far from the content and schedule. She is honest about not having all the answers and it is refreshing to have a coach reflect back that kids are not one-size fits all"