

Generational Communication Matters

Why families so often miss each other across age and life stages

Many families today are trying to stay connected across very different worlds. Three, sometimes four generations are navigating different values, language, and expectations, shaped by very different social and cultural realities. These differences can quietly build over time, and often show up in everyday conversations that feel more tense, more fragile, or more emotionally loaded than anyone intends. It is common for people to feel misunderstood, to hold back, or to find themselves stuck in the same unhelpful patterns, even where there is genuine care and good intention on all sides. This talk explores what sits underneath those moments of misunderstanding and how small shifts in awareness and approach can make everyday conversations feel safer, clearer, and more possible.

Session Outline

- How different generations are shaped by very different emotional and cultural rules
- Why the same words can mean very different things across age groups
- Common communication flashpoints in families
- How care, fear, and protection shape the way we speak and listen
- What helps conversations stay connected when values or worldviews differ
- Practical ways to approach difficult conversations with more clarity and less escalation

Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

Speaker: Gwen



Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist, and coach who works with people worldwide to reduce anxiety and lead happier, healthier lives. She studied Psychology at the University of Utah. Then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at-risk population. She has trained many educators on behaviour management and cultural awareness.

Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She has a passion for allyship. She and her family are involved in a number of causes that share her allyship value.