

# **Neil McNerney**

**Author, Relationship Expert, Parenting Guru at  
Reston, VA, US**

**Helping Parents and Educators Become Better  
Leaders**

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## **Biography**

Neil McNerney is a Licensed Counselor, Professional Trainer, Community Speaker, and Author. He has worked with parents for the past 25 years as a school counselor and in private practice in Reston, VA. He serves on the faculty of the Virginia Tech Graduate School of Marriage and Family Therapy, where he teaches courses on counseling children and their parents. Neil is author of *Homework ? A Parent's Guide To Helping Out Without Freaking Out!* which is a guidebook based on his 25 years helping parents become the best leaders they can be. Neil speaks nationally on many family and school topics. His activities have brought him to 30 Loudoun County schools, where he has spoken to parents and staff on the topics of parenting, discipline, homework, the teenage brain, and leadership. Neil and his wife, Colleen, have two children, Max 14; and Shannon 12, who attend Blue Ridge Middle School. His kids provide him with plenty of opportunities to be humble and to remember how hard parenting can be.

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## **Availability**

**Keynote, Panelist, Workshop, Author Appearance**

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## **Industry Expertise**

**Mental Health Care, Professional Training and Coaching, Health Care - Providers, Health and Wellness, Women, Childcare, Training and Development, Social Services, Religious Institutions, Education/Learning**

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## **Areas of Expertise**

**Parenting With Purpose, The Five Secrets to Discipline, Parenting, Homework, Leadership, Recruitment, Children**

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## **Sample Talks**

### **Homework - A Parent's Guide To Helping Out Without Freaking Out!**

Neil McNerney, a licensed counselor and parenting expert, will show you ways to help your child do better in school without arguments, yelling, or guilt. In his 25 years working with school-age children and their parents, Neil McNerney has developed a simple and powerful approach that will increase achievement and decrease aggravation! Neil will guide your group through a simple process to find a way to help your child based on which faulty coping pattern your child is using.

### **If You Build It, Will They Come? Increasing Parent Participation**

You have developed your workshop, copied handouts, and prepared your notes. How do you fill the seats? Although there is still a place for one way communication, we now have more powerful ways of recruiting participants. This workshop will give school counselors a recruitment model that goes beyond one-way communication.

### **Burnout Prevention - It's More Than Just Self Care**

We have been looking at burnout prevention from the wrong perspective. Neglecting our self-care is just a symptom of other issues; it is not the cause of burnout. Focusing only on self-care will never get to the primary issue of burnout. Neil will share his model of burnout prevention that has its roots in relationship theory. When we can begin to understand our job through the lens of a relationship, we then have the tools to reduce burnout.

### **The Teenage Brain - Temporary Insanity?!**

What Were You Thinking?? That's the thing they weren't thinking. At least in the way we understand thinking. Neil McNerney, a licensed professional counselor and parenting expert, will share with you an easy-to-understand model of what's going on inside your teen's head. Most importantly, he will give you specific ways to deal with your teen without losing your own sanity!

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## **Event Appearances**

### **Homework - A Parent's Guide To Helping Out Without Freaking Out!**

Parenting Expo

### **Reduce Homework Stress**

Parenting Expo

### **Westfield High School Faculty Training**

Faculty Training

### **Dominion High School Parent Presentation**

Parenting Expo

### **"Just Calm Down"**

Training for Virginia Elementary Principals

### **Homework**

Loudoun Youth After School Presentation - "Homework"

### **Homework - A Parent's Guide To Helping Out Without Freaking Out!**

Parenting Expo

### **"Homework Book Club" and "Leadership Through Admiration"**

VASGW Conference

**Staff Training**  
Staff Training

**Homework - A Parent's Guide To Helping Out Without Freaking Out**  
Parenting Expo

**Helping Overly Anxious Parents**  
Staff Training

**Homework - A Parent's Guide To Helping Out Without Freaking Out!**  
Parenting Expo

**Homework - A Parent's Guide To Helping Out Without Freaking Out!**  
Parenting Expo

**The Three Things Parents Can Do To Reduce Student Stress**  
Parenting Expo

**Just Focus! - Five Ways to Help Your Student Increase Willpower**  
Parenting Expo

**Homework - A Parent's Guide To Helping Out Without Freaking Out!**  
Parenting Expo

**"Just Calm Down!" Helping Parents Calmly Deal With School Issues**  
Parenting Expo

**Collaborating with Overly Involved Parents**  
American School Counselor Association Annual Conference,

**If You Build It, Will They Come? Strategies to Increase Participation For Your Program**  
National Association for Relationship and Marriage Education

**The Teenage Brain**  
Lunsford Middle School Faculty Training

**Homework Anxiety**  
Radio Interview

**Counselor Self Care**  
Fairfax County Secondary Counselors Training

**Bullying and The Critical Need for Trust, Communication and Leadership**  
Radio Interview

## **Professional Training**

Loudoun County Youth After School Professional Training

## **Homework- A Parent's Guide To Helping Out Without Freaking Out!**

Parenting Expo

## **Exhausted Parents**

Radio Interview - Exhausted Parents Network

## **Radio interview for Grandparents Today**

Radio interview

## **Radio Interview - Talktainment Radio**

Radio Interview

## **Radio Interview**

Radio Interview

## **Homework- A Parent's Guide To Helping Out Without Freaking Out!**

Parenting Expo

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## **Education**

### **James Madison University**

Counseling Psychology M.Ed.

### **Virginia Tech**

LPC Licensure Certification in Marriage and Family Therapy

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## **Accomplishments**

**Adjunct Faculty Member at Virginia Tech's Graduate Marriage and Family Therapy Program**

### **Keynote Speaker - Virginia Association of Specialists in Group Work**

"If You Build It, Will They Come? Increasing Parent Participation at School Programs"

### **Keynote Speaker - Virginia Counselors Association**

"Burnout Prevention - It's More Than Just Self Care"

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## **Testimonials**

**Hal Runkel**

"Neil is a gifted communicator, able to introduce ideas in a way that make perfect sense out of complicated dynamics, and leaves parents feeling renewed and ready for action. Neil is a professional worth watching and learning from. I know I have." - Hal Runkel, NY Times bestselling author of *ScreamFree Parenting*

**Pam Brott**

An important consideration for me as I envisioned the theme and aspirations for this event was a keynote speaker whom the audience knew and would relate to at an early morning hour. The initial evaluations of you as the keynote speaker reflect a very high rating. Neil, you certainly delivered! Neil, I respect the work you are doing to provide professional development to professional counselors in a variety of settings. I have attended your sessions and find your presentation style engaging and informative.

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