

Media Pitch Sample

Podcast: Speaking of Teens

Subject Line: Guest Idea: Why traditional discipline often backfires with teens

Hi Ann,

I just tuned in to your recent episode with Lainie Liberti on partnership parenting. I appreciated how you explored the tension between giving teens autonomy and maintaining guidance. That balance feels central to so many of the challenges parents face during adolescence.

While listening, I thought of a guest who could build on that conversation: [Dr. Melanie McNally, PsyD](#), a clinical psychologist and brain coach specializing in teen emotional intelligence and self-regulation. Her work helps young people develop awareness and autonomy through skill-building rather than control.

A few angles that could resonate with your audience:

- Why traditional discipline strategies often backfire with teens
- The neuroscience behind emotional regulation (and what parents get wrong)
- How to teach teens to manage moods without “fixing” them
- Why motivation increases when teens feel emotionally competent
- How parents can model regulation during high-conflict moments

Dr. McNally has served as a White House mental health panelist and writes for [Psychology Today](#). What sets her apart is her ability to translate neuroscience into practical strategies families can apply immediately.

Her new book, [The Emotionally Intelligent Teen](#), offers a framework that aligns perfectly with the values you explore on Speaking of Teens. Her writing discusses essential topics from increasing motivation and practicing emotional self-awareness to managing moods and setting achievable goals.

Would this be of interest for an upcoming episode? I'd be happy to share additional details or coordinate directly.

All the best,

Macy