



WORKING WITH ADOLESCENTS

**Understanding and engaging with adolescents
to support learning, connection, regulation, and wellbeing.**

A professional development seminar for schools and adolescent-focussed professionals.

The brain goes through profound changes during adolescence that will impact relationships (with peers, teachers, parents and other important adults), self-concept, behaviour, decision-making, motivation, sleep, and mood. These changes require shifts from us in order for us to maximise our capacity to support, guide, and teach them as they navigate their way to adulthood. This workshop is for school professionals or anyone who works with or lives with teens. We will explore:

- the changes in the adolescent brain and how these impact relationships, learning, motivation, regulation, and behaviour;
- how and why our relationships with them will change, and how to strengthen connection and influence;
- the 'presence' adolescents need from their important adults - what, why, and how to facilitate this;
- why peer relationships will change, how to support teens towards healthier friendships, and how to support relational safety at school when peer relationships are compromised;
- why teens are driven towards risky behaviour and what we can do;
- a new approach to regulation - practical strategies to support adolescents to understand and manage feelings and behaviour;
- when boundaries are broken - how to respond to challenging behaviour;
- why resistance and arguments might increase, and how to manage this;
- how to facilitate high-quality relationships between adults (such as teachers) and adolescents;
- considerations for maximising learning potential in boys and/or girls;
- teens and sleep;
- how to minimise the potential for conflict with adolescents.



About Karen Young

Karen began her career as a psychologist and is recognised as one of Australia's leading authorities on child and adolescent anxiety. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written five books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.